



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Vielhaber, Ralf

Club: Triathlon Team Witten
Number: 587

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 45:59

Speed: 13.05 km/h
Running performance: 4:36 min/km

Rank in course/Total: 24 (of 64)

Rank in course/Men: 22 (of 44)

Best time in course: 35:40

Rank in category: 5(of 6)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	23:09	4:37	4	3:12	19	5:36	5.00	23:09	4:37	4	3:12	19	5:36
Last lap Ziel Hen	5.00	22:50	4:33	4	2:24	18	17:33	10.00	45:59	4:35	5	5:36	22	10:19