



### 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |