



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Hakenes, Christian**

Club: Trifinish Münster  
Number: 165

Course: 17.50 km  
Panorama Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:15:21

Speed: 13.93 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 8 (of 123)

Rank in course/Men: 8 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 9)

Best time in the category: 1:15:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	24:11	4:50	2	0:01	10	4:27	5.00	24:11	4:50	2	0:01	10	4:27
Lap 2	3.00	13:11	4:23	1	-	9	2:01	8.00	37:22	4:40	1	-	10	6:28
Last lap Ziel Hen	9.50	37:59	3:59	1	-	7	4:23	17.50	1:15:21	4:18	1	-	8	10:51