



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Löher, Andre

Club: TriFun Hennesee
Number: 518

Course: 10.00 km
Uferweglauf lang

Category:
Männer (20-29 Jahre)

Total time: 38:17

Speed: 15.67 km/h
Running performance: 3:50 min/km

Rank in course/Total: 3 (of 64)

Rank in course/Men: 3 (of 44)

Best time in course: 35:40

Rank in category: 2(of 5)

Best time in the category: 37:23

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	18:59	3:47	2	0:13	3	1:26	5.00	18:59	3:47	2	0:13	3	1:26
Last lap Ziel Hen	5.00	19:18	3:51	2	0:41	4	14:01	10.00	38:17	3:49	2	0:54	3	2:37