



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Prott, Berthold

Club: Triteam Selm
Number: 145

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:21:03

Speed: 12.58 km/h
Running performance: 4:38 min/km

Rank in course/Total: 28 (of 123)

Rank in course/Men: 26 (of 98)

Best time in course: 1:04:30

Rank in category: 7(of 21)

Best time in the category: 1:12:43

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	25:49	5:09	8	3:16	30	6:05	5.00	25:49	5:09	8	3:16	30	6:05
Lap 2	3.00	14:02	4:40	6	1:30	22	2:52	8.00	39:51	4:58	7	4:46	26	8:57
Last lap Ziel Hen	9.50	41:12	4:20	6	4:01	25	7:36	17.50	1:21:03	4:37	7	8:20	26	16:33