



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Pehle, Christoph**

Club: Tritus SV Neptun Neheim Hüsten  
Number: 99

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:38:17

Speed: 10.38 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 92 (of 123)

Rank in course/Men: 78 (of 98)

Best time in course: 1:04:30

Rank in category: 11(of 15)

Best time in the category: 1:09:43

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	29:52	5:58	10	8:00	70	10:08	5.00	29:52	5:58	10	8:00	70	10:08
Lap 2	3.00	16:53	5:37	10	4:53	72	5:43	8.00	46:45	5:50	10	12:53	70	15:51
Last lap Ziel Hen	9.50	51:32	5:25	11	15:41	77	17:56	17.50	1:38:17	5:36	11	28:34	78	33:47