



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Held, Torben Jonas

Club: FC Fatih Türkgücü Meschede
Number: 70

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:24:24

Speed: 12.09 km/h
Running performance: 4:49 min/km

Rank in course/Total: 40 (of 123)

Rank in course/Men: 37 (of 98)

Best time in course: 1:04:30

Rank in category: 4(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.	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	26:14	5:14	4	2:04	34	6:30	5.00	26:14	5:14	4	2:04	34	6:30
Lap 2	3.00	14:38	4:52	5	1:27	37	3:28	8.00	40:52	5:06	4	3:30	34	9:58
Last lap Ziel Hen	9.50	43:32	4:34	5	5:33	43	9:56	17.50	1:24:24	4:49	4	9:03	37	19:54