



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Sattler, Carsten

Club: Tritus SV Neptun Neheim-Hüsten
Number: 106

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:24:50

Speed: 12.02 km/h
Running performance: 4:51 min/km

Rank in course/Total: 42 (of 123)

Rank in course/Men: 38 (of 98)

Best time in course: 1:04:30

Rank in category: 6(of 17)

Best time in the category: 1:15:25

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	26:31	5:18	6	2:36	38	6:47	5.00	26:31	5:18	6	2:36	38	6:47
Lap 2	3.00	14:48	4:56	6	1:31	39	3:38	8.00	41:19	5:09	6	4:07	40	10:25
Last lap Ziel Hen	9.50	43:31	4:34	7	5:18	42	9:55	17.50	1:24:50	4:50	6	9:25	38	20:20