



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Brinkmann, Ernst

Club: TSV Rüthen
Number: 136

Course: 17.50 km
Panorama Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:23:10

Speed: 12.63 km/h
Running performance: 4:45 min/km

Rank in course/Total: 34 (of 123)

Rank in course/Men: 31 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 2)

Best time in the category: 1:23:10

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	26:10	5:14	1	-	33	6:26	5.00	26:10	5:14	1	-	33	6:26
Lap 2	3.00	14:28	4:49	1	-	32	3:18	8.00	40:38	5:04	1	-	32	9:44
Last lap Ziel Hen	9.50	42:32	4:28	1	-	32	8:56	17.50	1:23:10	4:45	1	-	31	18:40