



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Eidens, Andre**

Club: TSV Saalhausen  
Number: 151

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:25:36

Speed: 11.92 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 47 (of 123)

Rank in course/Men: 42 (of 98)

Best time in course: 1:04:30

Rank in category: 10(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	27:24	5:28	12	4:51	46	7:40	5.00	27:24	5:28	12	4:51	46	7:40
Lap 2	3.00	15:26	5:08	13	2:54	48	4:16	8.00	42:50	5:21	13	7:45	47	11:56
Last lap Ziel Hen	9.50	42:46	4:30	11	5:35	36	9:10	17.50	1:25:36	4:53	10	12:53	42	21:06