



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Nagel, Christey

Club: ACsingham
Number: 183

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:44:07

Speed: 9.80 km/h
Running performance: 5:57 min/km

Rank in course/Total: 104 (of 123)

Rank in course/Men: 84 (of 98)

Best time in course: 1:04:30

Rank in category: 14(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 | 36:39 | 7:19 | 17 | 12:44 | 94 | 16:55 | 5.00 | 36:39 | 7:19 | 17 | 12:44 | 94 | 16:55 |
| Lap 2 | 3.00 | 17:26 | 5:48 | 13 | 4:09 | 80 | 6:16 | 8.00 | 54:05 | 6:45 | 16 | 16:53 | 90 | 23:11 |
| Last lap Ziel Hen | 9.50 | 50:02 | 5:15 | 12 | 11:49 | 75 | 16:26 | 17.50 | 1:44:07 | 5:56 | 14 | 28:42 | 84 | 39:37 |