



### 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: 10.08 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