



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

von Heydebrand, Klaus

Club: FC Remblinghausen  
Number: 126

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:23:31

Speed: 12.21 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 37 (of 123)

Rank in course/Men: 34 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 10)

Best time in the category: 1:18:59

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	26:08	5:13	4	1:06	31	6:24	5.00	26:08	5:13	4	1:06	31	6:24
Lap 2	3.00	14:32	4:50	3	0:34	35	3:22	8.00	40:40	5:04	4	1:40	33	9:46
Last lap Ziel Hen	9.50	42:51	4:30	3	3:04	37	9:15	17.50	1:23:31	4:46	4	4:32	34	19:01