



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Weber, Heiko

Club: TuS 45/53 Heessen
Number: 128

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:27:07

Speed: 11.71 km/h
Running performance: 4:59 min/km

Rank in course/Total: 53 (of 123)

Rank in course/Men: 48 (of 98)

Best time in course: 1:04:30

Rank in category: 13(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	29:04	5:48	17	6:31	62	9:20	5.00	29:04	5:48	17	6:31	62	9:20
Lap 2	3.00	15:27	5:08	14	2:55	50	4:17	8.00	44:31	5:33	16	9:26	59	13:37
Last lap Ziel Hen	9.50	42:36	4:29	10	5:25	34	9:00	17.50	1:27:07	4:58	13	14:24	48	22:37