



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

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Club: Tus Anröchte
Number: 554

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:16

Speed: 12.69 km/h
Running performance: 4:44 min/km

Rank in course/Total: 27 (of 64)

Rank in course/Men: 23 (of 44)

Best time in course: 35:40

Rank in category: 5(of 5)

Best time in the category: 35:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	23:26	4:41	5	5:53	20	5:53	5.00	23:26	4:41	5	5:53	20	5:53
Last lap Ziel Hen	5.00	23:50	4:46	5	5:43	21	18:33	10.00	47:16	4:43	5	11:36	23	11:36