



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Ordelheide, Heinrich

Club: TUS Brockhagen
Number: 98

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:43:28

Speed: 9.86 km/h
Running performance: 5:55 min/km

Rank in course/Total: 102 (of 123)

Rank in course/Men: 82 (of 98)

Best time in course: 1:04:30

Rank in category: 9(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	31:35	6:18	8	6:33	80	11:51	5.00	31:35	6:18	8	6:33	80	11:51
Lap 2	3.00	17:55	5:58	9	3:57	82	6:45	8.00	49:30	6:11	9	10:30	81	18:36
Last lap Ziel Hen	9.50	53:58	5:40	9	14:11	83	20:22	17.50	1:43:28	5:54	9	24:29	82	38:58