



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Luckey, Michael

Club: TuS Heinrichsthal-Wehrstapel

Number: 89

Course: 17.50 km

Panorama Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:55

Speed: 10.86 km/h

Running performance: 5:22 min/km

Rank in course/Total: 69 (of 123)

Rank in course/Men: 62 (of 98)

Best time in course: 1:04:30

Rank in category: 16(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	30:18	6:03	18	7:45	72	10:34	5.00	30:18	6:03	18	7:45	72	10:34
Lap 2	3.00	17:12	5:44	18	4:40	77	6:02	8.00	47:30	5:56	18	12:25	75	16:36
Last lap Ziel Hen	9.50	46:25	4:53	16	9:14	56	12:49	17.50	1:33:55	5:22	16	21:12	62	29:25