



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wiebke, Lars

Club: TUS Jahn Werdohl
Number: 561

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:55

Speed: 13.07 km/h
Running performance: 4:35 min/km

Rank in course/Total: 23 (of 64)

Rank in course/Men: 21 (of 44)

Best time in course: 35:40

Rank in category: 2(of 4)

Best time in the category: 41:48

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	22:59	4:35	2	2:21	18	5:26	5.00	22:59	4:35	2	2:21	18	5:26
Last lap Ziel Hen	5.00	22:56	4:35	3	17:39	19	17:39	10.00	45:55	4:35	2	4:07	21	10:15