



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Eickhoff, Dietmar

Club: TuS Niedereimer
Number: 205

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 24:23

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 14 (of 43)

Rank in course/Men: 10 (of 24)

Best time in course: 18:29

Rank in category: 2(of 8)

Best time in the category: 21:36

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	2.50	12:20	4:56	2	1:49	10	2:53	2.50	12:20	4:56	2	1:49	10	2:53
Last lap Ziel Hen	2.50	12:03	4:49	2	0:58	9	3:01	5.00	24:23	4:52	2	2:47	10	5:54