



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Haack, Thorsten**

Club: TuS Niedereimer  
Number: 208

Course: 5.00 km  
Uferweglauf kurz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:03

Speed: 11.98 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 15 (of 43)

Rank in course/Men: 11 (of 24)

Best time in course: 18:29

Rank in category: 3(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	12:43	5:05	3	1:38	11	3:41	5.00	25:03	5:00	3	3:27	11	6:34