



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 |