



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Rothenbusch, Daniel

Club: Tus Oeventrop
Number: 555

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:42

Speed: 10.97 km/h
Running performance: 5:28 min/km

Rank in course/Total: 48 (of 64)

Rank in course/Men: 37 (of 44)

Best time in course: 35:40

Rank in category: 3(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	26:55	5:23	3	6:17	29	9:22	5.00	26:55	5:23	3	6:17	29	9:22
Last lap Ziel Hen	5.00	27:47	5:33	4	22:30	32	22:30	10.00	54:42	5:28	3	12:54	37	19:02