



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Flügge, Henning

Club: LAC/TuS Oeventrop
Number: 233

Course: 5.00 km
Uferweglauf kurz

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 20:09

Speed: 14.89 km/h
Running performance: 4:02 min/km

Rank in course/Total: 4 (of 43)

Rank in course/Men: 4 (of 24)

Best time in course: 18:29

Rank in category: 1(of 2)

Best time in the category: 20:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.50	10:03	4:01	1	-	5	0:36	2.50	10:03	4:01	1	-	5	0:36
Last lap Ziel Hen	2.50	10:06	4:02	1	-	4	1:04	5.00	20:09	4:01	1	-	4	1:40