



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kremer, Dirk

Club: Gelber Salon
Number: 540

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 45:20

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 22 (of 64)

Rank in course/Men: 20 (of 44)

Best time in course: 35:40

Rank in category: 4(of 6)

Best time in the category: 40:23

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	5.00	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-
Last lap Ziel Hen	5.00	45:20	9:03	6	24:54	41	40:03	10.00	45:20	4:31	4	4:57	20	9:40