



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Golembowski, Kai

Club: TUS Viktoria Rietberg
Number: 153

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:28

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 103 (of 123)

Rank in course/Men: 82 (of 98)

Best time in course: 1:04:30

Rank in category: 13(of 17)

Best time in the category: 1:15:25

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	31:35	6:18	13	7:40	80	11:51	5.00	31:35	6:18	13	7:40	80	11:51
Lap 2	3.00	17:58	5:59	14	4:41	83	6:48	8.00	49:33	6:11	13	12:21	82	18:39
Last lap Ziel Hen	9.50	53:55	5:40	15	15:42	82	20:19	17.50	1:43:28	5:54	13	28:03	82	38:58