



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Heite, Meinolf

Club: TUS Wallenstein

Number: 160

Course: 17.50 km

Panorama Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:28:48

Speed: 11.49 km/h

Running performance: 5:04 min/km

Rank in course/Total: 57 (of 123)

Rank in course/Men: 52 (of 98)

Best time in course: 1:04:30

Rank in category: 8(of 9)

Best time in the category: 1:15:21

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	26:32	5:18	7	2:22	39	6:48	5.00	26:32	5:18	7	2:22	39	6:48
Lap 2	3.00	15:02	5:00	8	1:51	44	3:52	8.00	41:34	5:11	7	4:12	42	10:40
Last lap Ziel Hen	9.50	47:14	4:58	8	9:15	62	13:38	17.50	1:28:48	5:04	8	13:27	52	24:18