



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Zydek, Andreas**

Club: TV 1899 Germania  
Number: 167

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:18:18

Speed: 13.03 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 13 (of 123)

Rank in course/Men: 13 (of 98)

Best time in course: 1:04:30

Rank in category: 2(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.	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	24:43	4:56	3	0:48	17	4:59	5.00	24:43	4:56	3	0:48	17	4:59
Lap 2	3.00	13:24	4:28	2	0:07	11	2:14	8.00	38:07	4:45	3	0:55	15	7:13
Last lap Ziel Hen	9.50	40:11	4:13	3	1:58	16	6:35	17.50	1:18:18	4:28	2	2:53	13	13:48