



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Blome, Uwe

Club: Grautiere Sauerland
Number: 548

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:38

Speed: 13.75 km/h
Running performance: 4:22 min/km

Rank in course/Total: 16 (of 64)

Rank in course/Men: 15 (of 44)

Best time in course: 35:40

Rank in category: 2(of 4)

Best time in the category: 42:00

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	21:56	4:23	2	1:04	15	4:23	5.00	21:56	4:23	2	1:04	15	4:23
Last lap Ziel Hen	5.00	21:42	4:20	2	0:34	14	16:25	10.00	43:38	4:21	2	1:38	15	7:58