



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Ebel, Norbert

Club: TV Flerke
Number: 507

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M60 (60-64 Jahre)

Total time: 43:23

Speed: 13.83 km/h
Running performance: 4:20 min/km

Rank in course/Total: 14 (of 64)

Rank in course/Men: 13 (of 44)

Best time in course: 35:40

Rank in category: 1(of 7)

Best time in the category: 43:23

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	21:35	4:18	1	-	12	4:02	5.00	21:35	4:18	1	-	12	4:02
Last lap Ziel Hen	5.00	21:48	4:21	1	-	15	16:31	10.00	43:23	4:20	1	-	13	7:43