



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Zucht, Mike

Club: Unna
Number: 185

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:19:07

Speed: 12.89 km/h
Running performance: 4:31 min/km

Rank in course/Total: 17 (of 123)

Rank in course/Men: 17 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 21)

Best time in the category: 1:12:43

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	24:45	4:57	5	2:12	18	5:01	5.00	24:45	4:57	5	2:12	18	5:01
Lap 2	3.00	14:18	4:46	8	1:46	28	3:08	8.00	39:03	4:52	6	3:58	21	8:09
Last lap Ziel Hen	9.50	40:04	4:13	4	2:53	14	6:28	17.50	1:19:07	4:31	4	6:24	17	14:37