



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Alliger, Jürgen

Club: VEGA Sprinter Hennesee
Number: 52

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:39:33

Speed: 10.25 km/h
Running performance: 5:41 min/km

Rank in course/Total: 97 (of 123)

Rank in course/Men: 80 (of 98)

Best time in course: 1:04:30

Rank in category: 12(of 15)

Best time in the category: 1:09:43

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	29:24	5:52	9	7:32	67	9:40	5.00	29:24	5:52	9	7:32	67	9:40
Lap 2	3.00	17:14	5:44	12	5:14	78	6:04	8.00	46:38	5:49	9	12:46	69	15:44
Last lap Ziel Hen	9.50	52:55	5:34	12	17:04	80	19:19	17.50	1:39:33	5:41	12	29:50	80	35:03