



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Haesters, Danny

Club: VFL Bergheide
Number: 158

Course: 17.50 km
Panorama Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:37:55

Speed: 10.42 km/h
Running performance: 5:36 min/km

Rank in course/Total: 89 (of 123)

Rank in course/Men: 77 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 6)

Best time in the category: 1:17:07

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	31:03	6:12	6	6:50	78	11:19	5.00	31:03	6:12	6	6:50	78	11:19
Lap 2	3.00	fehlt!	-	-	-	-	-	8.00	-	-	-	-	-	-
Last lap Ziel Hen	9.50	1:06:52	7:02	6	26:55	97	33:16	17.50	1:37:55	5:35	4	20:48	77	33:25