



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Salewski, Olaf

Club: GROB-FAHR-LÄSSIG
Number: 104

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:23:17

Speed: 12.25 km/h
Running performance: 4:46 min/km

Rank in course/Total: 35 (of 123)

Rank in course/Men: 32 (of 98)

Best time in course: 1:04:30

Rank in category: 5(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 | 26:39 | 5:19 | 5 | 4:47 | 40 | 6:55 | 5.00 | 26:39 | 5:19 | 5 | 4:47 | 40 | 6:55 |
| Lap 2 | 3.00 | 14:22 | 4:47 | 5 | 2:22 | 31 | 3:12 | 8.00 | 41:01 | 5:07 | 5 | 7:09 | 35 | 10:07 |
| Last lap Ziel Hen | 9.50 | 42:16 | 4:26 | 4 | 6:25 | 29 | 8:40 | 17.50 | 1:23:17 | 4:45 | 5 | 13:34 | 32 | 18:47 |