



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Mowe, Michael

Club: Viernärker Dortmund
Number: 161

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:19:08

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

Rank in course/Total: 19 (of 123)

Rank in course/Men: 18 (of 98)

Best time in course: 1:04:30

Rank in category: 2(of 10)

Best time in the category: 1:18:59

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	25:19	5:03	2	0:17	24	5:35	5.00	25:19	5:03	2	0:17	24	5:35
Lap 2	3.00	14:02	4:40	2	0:04	22	2:52	8.00	39:21	4:55	2	0:21	23	8:27
Last lap Ziel Hen	9.50	39:47	4:11	1	-	11	6:11	17.50	1:19:08	4:31	2	0:09	18	14:38