



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Eschweiler, Claus

Club: upletics Dortmund
Number: 162

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:15:25

Speed: 13.52 km/h
Running performance: 4:19 min/km

Rank in course/Total: 9 (of 123)

Rank in course/Men: 9 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 17)

Best time in the category: 1:15:25

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	23:55	4:46	1	-	7	4:11	5.00	23:55	4:46	1	-	7	4:11
Lap 2	3.00	13:17	4:25	1	-	10	2:07	8.00	37:12	4:39	1	-	9	6:18
Last lap Ziel Hen	9.50	38:13	4:01	1	-	9	4:37	17.50	1:15:25	4:18	1	-	9	10:55