



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Rademacher, Frank

Club: Waldschleicher Lohne

Number: 138

Course: 17.50 km

Panorama Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:34:19

Speed: 10.81 km/h

Running performance: 5:23 min/km

Rank in course/Total: 72 (of 123)

Rank in course/Men: 65 (of 98)

Best time in course: 1:04:30

Rank in category: 11(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	28:45	5:45	10	4:50	59	9:01	5.00	28:45	5:45	10	4:50	59	9:01
Lap 2	3.00	16:32	5:30	12	3:15	67	5:22	8.00	45:17	5:39	10	8:05	64	14:23
Last lap Ziel Hen	9.50	49:02	5:09	11	10:49	68	15:26	17.50	1:34:19	5:23	11	18:54	65	29:49