



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Knothe, Roman**

Club: WAZ Mittel-Lenne  
Number: 176

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:29:29

Speed: 11.40 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 59 (of 123)

Rank in course/Men: 54 (of 98)

Best time in course: 1:04:30

Rank in category: 15(of 21)

Best time in the category: 1:12:43

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	28:52	5:46	16	6:19	60	9:08	5.00	28:52	5:46	16	6:19	60	9:08
Lap 2	3.00	16:00	5:19	16	3:28	59	4:50	8.00	44:52	5:36	17	9:47	63	13:58
Last lap Ziel Hen	9.50	44:37	4:41	14	7:26	51	11:01	17.50	1:29:29	5:06	15	16:46	54	24:59