



3. Hennesee Panoramalauf
 Meschede - Hennesee / 19.04.2015

Detailed evaluation

Studt, Jochen

Total time: 1:29:10

Number: 144

Speed: 11.44 km/h

Running performance: 5:06 min/km

Course: 17.50 km

Rank in course/Total: 58 (of 123)

Panorama Lauf

Rank in course/Men: 53 (of 98)

Best time in course: 1:04:30

Category:

Rank in category: 1(of 6)

Senioren M60 (60-64 Jahre)

Best time in the category: 1:29:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	28:24	5:40	1	-	58	8:40	5.00	28:24	5:40	1	-	58	8:40
Lap 2	3.00	15:33	5:11	1	-	55	4:23	8.00	43:57	5:29	1	-	55	13:03
Last lap Ziel Hen	9.50	45:13	4:45	1	-	52	11:37	17.50	1:29:10	5:05	1	-	53	24:40