



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wrede, Dartin

Number: 553

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:34

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 8 (of 64)

Rank in course/Men: 7 (of 44)

Best time in course: 35:40

Rank in category: 2(of 6)

Best time in the category: 40:23

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	20:37	4:07	2	0:40	7	3:04	5.00	20:37	4:07	2	0:40	7	3:04
Last lap Ziel Hen	5.00	20:57	4:11	2	0:31	8	15:40	10.00	41:34	4:09	2	1:11	7	5:54