



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schlünder, Thomas

Number: 148

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:20:14

Speed: 12.71 km/h
Running performance: 4:35 min/km

Rank in course/Total: 25 (of 123)

Rank in course/Men: 23 (of 98)

Best time in course: 1:04:30

Rank in category: 3(of 15)

Best time in the category: 1:09:43

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	25:22	5:04	4	3:30	25	5:38	5.00	25:22	5:04	4	3:30	25	5:38
Lap 2	3.00	14:02	4:40	3	2:02	22	2:52	8.00	39:24	4:55	4	5:32	24	8:30
Last lap Ziel Hen	9.50	40:50	4:17	3	4:59	21	7:14	17.50	1:20:14	4:35	3	10:31	23	15:44