



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schürmann, Holger

Number: 549

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:28

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 15 (of 64)

Rank in course/Men: 14 (of 44)

Best time in course: 35:40

Rank in category: 1(of 1)

Best time in the category: 43:28

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	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-
Last lap Ziel Hen	5.00	43:28	8:41	1	-	39	38:11	10.00	43:28	4:20	1	-	14	7:48