



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Scholz, Lukas

Number: 180

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:24:59

Speed: 12.00 km/h

Running performance: 4:52 min/km

Rank in course/Total: 43 (of 123)

Rank in course/Men: 39 (of 98)

Best time in course: 1:04:30

Rank in category: 5(of 9)

Best time in the category: 1:15:21

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	27:17	5:27	8	3:07	44	7:33	5.00	27:17	5:27	8	3:07	44	7:33
Lap 2	3.00	14:31	4:50	4	1:20	34	3:21	8.00	41:48	5:13	8	4:26	43	10:54
Last lap Ziel Hen	9.50	43:11	4:32	4	5:12	39	9:35	17.50	1:24:59	4:51	5	9:38	39	20:29