



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Erdem, Ören

Club: M. Busch
Number: 258

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M30 (30-34 Jahre)

Total time: 23:42

Speed: 12.66 km/h
Running performance: 4:44 min/km

Rank in course/Total: 12 (of 43)

Rank in course/Men: 9 (of 24)

Best time in course: 18:29

Rank in category: 2(of 2)

Best time in the category: 22:55

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	2.50	11:23	4:33	2	0:13	8	1:56	2.50	11:23	4:33	2	0:13	8	1:56
Last lap Ziel Hen	2.50	12:19	4:55	2	0:34	10	3:17	5.00	23:42	4:44	2	0:47	9	5:13