



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Whal, Thomas

Club: Hildfeld

Number: 173

Course: 10.00 km

Uferweglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 39:22

Speed: 15.24 km/h

Running performance: 3:56 min/km

Rank in course/Total: 4 (of 64)

Rank in course/Men: 4 (of 44)

Best time in course: 35:40

Rank in category: 2(of 5)

Best time in the category: 35:40

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	19:31	3:54	2	1:58	4	1:58	5.00	19:31	3:54	2	1:58	4	1:58
Last lap Ziel Hen	5.00	19:51	3:58	2	1:44	5	14:34	10.00	39:22	3:56	2	3:42	4	3:42