



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

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Number: 166

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:28:24

Speed: 11.54 km/h

Running performance: 5:03 min/km

Rank in course/Total: 56 (of 123)

Rank in course/Men: 51 (of 98)

Best time in course: 1:04:30

Rank in category: 14(of 21)

Best time in the category: 1:12:43

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	27:37	5:31	13	5:04	49	7:53	5.00	27:37	5:31	13	5:04	49	7:53
Lap 2	3.00	15:33	5:11	15	3:01	55	4:23	8.00	43:10	5:23	14	8:05	51	12:16
Last lap Ziel Hen	9.50	45:14	4:45	15	8:03	53	11:38	17.50	1:28:24	5:03	14	15:41	51	23:54