



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Sommerhoff, Sven

Number: 149

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:27:37

Speed: 11.64 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 54 (of 123)

Rank in course/Men: 49 (of 98)

Best time in course: 1:04:30

Rank in category: 9(of 17)

Best time in the category: 1:15:25

| 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     | 27:58      | 5:35         | 9           | 4:03        | 54      | 8:14       | 5.00          | 27:58      | 5:35         | 9        | 4:03        | 54      | 8:14       |
| Lap 2              | 3.00     | 15:32      | 5:10         | 9           | 2:15        | 54      | 4:22       | 8.00          | 43:30      | 5:26         | 9        | 6:18        | 52      | 12:36      |
| Last lap Ziel Hen  | 9.50     | 44:07      | 4:38         | 9           | 5:54        | 48      | 10:31      | 17.50         | 1:27:37    | 5:00         | 9        | 12:12       | 49      | 23:07      |