



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