



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Lauber, Dennis

Number: 256

Course: 5.00 km
Uferweglauf kurz

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 26:50

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 20 (of 43)

Rank in course/Men: 16 (of 24)

Best time in course: 18:29

Rank in category: 2(of 2)

Best time in the category: 20:09

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	13:05	5:14	2	3:02	15	3:38	2.50	13:05	5:14	2	3:02	15	3:38
Last lap Ziel Hen	2.50	13:45	5:30	2	3:39	17	4:43	5.00	26:50	5:21	2	6:41	16	8:21