



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Vom Mach, Pierre

Number: 147

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:13:14

Speed: 13.93 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 5 (of 123)

Rank in course/Men: 5 (of 98)

Best time in course: 1:04:30

Rank in category: 2(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	22:37	4:31	2	0:04	5	2:53	5.00	22:37	4:31	2	0:04	5	2:53
Lap 2	3.00	12:38	4:12	3	0:06	6	1:28	8.00	35:15	4:24	2	0:10	5	4:21
Last lap Ziel Hen	9.50	37:59	3:59	3	0:48	7	4:23	17.50	1:13:14	4:11	2	0:31	5	8:44