



3. Hennesee Panoramalauf  
Meschede - Hennesee / 19.04.2015

Detailed evaluation

Michel, Wolfgang

Number: 231

Course: 5.00 km  
Uferweglauf kurz

Category:  
Senioren M60 (60-64 Jahre)

Total time: 26:38

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 19 (of 43)

Rank in course/Men: 15 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 26:38

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	13:04	5:13	1	-	14	3:37	2.50	13:04	5:13	1	-	14	3:37
Last lap Ziel Hen	2.50	13:34	5:25	1	-	16	4:32	5.00	26:38	5:19	1	-	15	8:09