



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schmidt, Daniel

Club: GSL Benninghausen

Number: 109

Course: 17.50 km

Panorama Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:21:34

Speed: 12.51 km/h

Running performance: 4:40 min/km

Rank in course/Total: 31 (of 123)

Rank in course/Men: 28 (of 98)

Best time in course: 1:04:30

Rank in category: 6(of 12)

Best time in the category: 1:04:30

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	25:16	5:03	5	5:32	23	5:32	5.00	25:16	5:03	5	5:32	23	5:32
Lap 2	3.00	14:37	4:52	6	3:27	36	3:27	8.00	39:53	4:59	6	8:59	27	8:59
Last lap Ziel Hen	9.50	41:41	4:23	6	8:05	27	8:05	17.50	1:21:34	4:39	6	17:04	28	17:04