



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Engelhard, Sven

Number: 64

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:33

Speed: 8.53 km/h
Running performance: 6:50 min/km

Rank in course/Total: 123 (of 123)

Rank in course/Men: 98 (of 98)

Best time in course: 1:04:30

Rank in category: 17(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	34:32	6:54	16	10:37	91	14:48	5.00	34:32	6:54	16	10:37	91	14:48
Lap 2	3.00	19:51	6:37	17	6:34	93	8:41	8.00	54:23	6:47	17	17:11	91	23:29
Last lap Ziel Hen	9.50	1:05:10	6:51	17	26:57	96	31:34	17.50	1:59:33	6:49	17	44:08	98	55:03