



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: 8.78 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 |