



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schnier, Christoph

Number: 220

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M35 (35-39 Jahre)

Total time: 22:34

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 9 (of 43)

Rank in course/Men: 7 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 22:34

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	11:38	4:39	1	-	9	2:11	2.50	11:38	4:39	1	-	9	2:11
Last lap Ziel Hen	2.50	10:56	4:22	1	-	6	1:54	5.00	22:34	4:30	1	-	7	4:05