



3. Hennesee Panoramalauf
Meschede - Hennesee / 19.04.2015

Detailed evaluation

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Number: 210

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M50 (50-54 Jahre)

Total time: 32:55

Speed: 9.11 km/h
Running performance: 6:35 min/km

Rank in course/Total: 35 (of 43)

Rank in course/Men: 23 (of 24)

Best time in course: 18:29

Rank in category: 3(of 3)

Best time in the category: 27:07

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	16:50	6:43	3	3:16	24	7:23	2.50	16:50	6:43	3	3:16	24	7:23
Last lap Ziel Hen	2.50	16:05	6:25	3	2:32	23	7:03	5.00	32:55	6:34	3	5:48	23	14:26