



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Ryba, Thomas

Number: 177

Course: 17.50 km

Panorama Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:05:08

Speed: 15.66 km/h

Running performance: 3:43 min/km

Rank in course/Total: 2 (of 123)

Rank in course/Men: 2 (of 98)

Best time in course: 1:04:30

Rank in category: 2(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	20:07	4:01	2	0:23	2	0:23	5.00	20:07	4:01	2	0:23	2	0:23
Lap 2	3.00	11:16	3:45	2	0:06	2	0:06	8.00	31:23	3:55	2	0:29	2	0:29
Last lap Ziel Hen	9.50	33:45	3:33	2	0:09	2	0:09	17.50	1:05:08	3:43	2	0:38	2	0:38