



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hendan, Christoph

Club: Hobby Runners Stromberg
Number: 72

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:46

Speed: 11.76 km/h
Running performance: 4:58 min/km

Rank in course/Total: 50 (of 123)

Rank in course/Men: 45 (of 98)

Best time in course: 1:04:30

Rank in category: 11(of 21)

Best time in the category: 1:12:43

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	27:19	5:27	11	4:46	45	7:35	5.00	27:19	5:27	11	4:46	45	7:35
Lap 2	3.00	14:55	4:58	11	2:23	42	3:45	8.00	42:14	5:16	11	7:09	44	11:20
Last lap Ziel Hen	9.50	44:32	4:41	13	7:21	50	10:56	17.50	1:26:46	4:57	11	14:03	45	22:16