



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hussmann, Christoph

Club: Hussmann Profilrollen Fröndenberg
Number: 75

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:13:30

Speed: 13.88 km/h
Running performance: 4:12 min/km

Rank in course/Total: 6 (of 123)

Rank in course/Men: 6 (of 98)

Best time in course: 1:04:30

Rank in category: 3(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	23:43	4:44	3	1:10	6	3:59	5.00	23:43	4:44	3	1:10	6	3:59
Lap 2	3.00	12:36	4:12	2	0:04	5	1:26	8.00	36:19	4:32	3	1:14	6	5:25
Last lap Ziel Hen	9.50	37:11	3:54	1	-	4	3:35	17.50	1:13:30	4:12	3	0:47	6	9:00