



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Laanbroek, Michel

Club: KAV Holland  
Number: 218

Course: 5.00 km  
Uferweglauf kurz

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 25:39

Speed: 11.70 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 17 (of 43)

Rank in course/Men: 13 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 25:39

#### 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	12:35	5:01	1	-	13	3:08	2.50	12:35	5:01	1	-	13	3:08
Last lap Ziel Hen	2.50	13:04	5:13	1	-	13	4:02	5.00	25:39	5:07	1	-	13	7:10