



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schulte, Ralf

Club: KCKB e.V.

Number: 112

Course: 17.50 km

Panorama Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:37:37

Speed: 10.45 km/h

Running performance: 5:35 min/km

Rank in course/Total: 85 (of 123)

Rank in course/Men: 75 (of 98)

Best time in course: 1:04:30

Rank in category: 12(of 17)

Best time in the category: 1:15:25

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	30:46	6:09	12	6:51	76	11:02	5.00	30:46	6:09	12	6:51	76	11:02
Lap 2	3.00	16:08	5:22	10	2:51	60	4:58	8.00	46:54	5:51	12	9:42	71	16:00
Last lap Ziel Hen	9.50	50:43	5:20	13	12:30	76	17:07	17.50	1:37:37	5:34	12	22:12	75	33:07