



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kalkhof, Martin

Club: KCKB e.V.
Number: 78

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:50:32

Speed: 9.23 km/h
Running performance: 6:19 min/km

Rank in course/Total: 112 (of 123)

Rank in course/Men: 90 (of 98)

Best time in course: 1:04:30

Rank in category: 10(of 10)

Best time in the category: 1:18:59

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	33:03	6:36	10	8:01	86	13:19	5.00	33:03	6:36	10	8:01	86	13:19
Lap 2	3.00	19:33	6:30	10	5:35	90	8:23	8.00	52:36	6:34	10	13:36	89	21:42
Last lap Ziel Hen	9.50	57:56	6:05	10	18:09	87	24:20	17.50	1:50:32	6:18	10	31:33	90	46:02