



3. Hennesee Panoramalauf  
Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kaiser, Christian

Total time: 1:43:11

Number: 77

Speed: 9.89 km/h

Running performance: 5:54 min/km

Course: 17.50 km

Rank in course/Total: 100 (of 123)

Panorama Lauf

Rank in course/Men: 81 (of 98)

Best time in course: 1:04:30

Category:

Rank in category: 5(of 6)

Senioren M30 (30-34 Jahre)

Best time in the category: 1:17:07

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	5.00	30:31	6:06	4	6:18	75	10:47	5.00	30:31	6:06	4	6:18	75	10:47
Lap 2	3.00	17:26	5:48	5	4:29	80	6:16	8.00	47:57	5:59	4	10:47	76	17:03
Last lap Ziel Hen	9.50	55:14	5:48	4	15:17	85	21:38	17.50	1:43:11	5:53	5	26:04	81	38:41