



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Knappstein, Klaus

Number: 83

Course: 17.50 km

Panorama Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:36:46

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 83 (of 123)

Rank in course/Men: 74 (of 98)

Best time in course: 1:04:30

Rank in category: 10(of 15)

Best time in the category: 1:09:43

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	30:29	6:05	11	8:37	74	10:45	5.00	30:29	6:05	11	8:37	74	10:45
Lap 2	3.00	16:53	5:37	10	4:53	72	5:43	8.00	47:22	5:55	11	13:30	74	16:28
Last lap Ziel Hen	9.50	49:24	5:12	10	13:33	69	15:48	17.50	1:36:46	5:31	10	27:03	74	32:16