



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wegener, Peter

Club: LAC Veltins
Number: 535

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:00

Speed: 13.64 km/h
Running performance: 4:24 min/km

Rank in course/Total: 18 (of 64)

Rank in course/Men: 16 (of 44)

Best time in course: 35:40

Rank in category: 2(of 5)

Best time in the category: 41:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	5.00	21:54	4:22	2	1:36	14	4:21	5.00	21:54	4:22	2	1:36	14	4:21				
Last lap Ziel Hen	5.00	22:06	4:25	2	1:11	17	16:49	10.00	44:00	4:24	2	2:47	16	8:20				