



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Buettner, Udo

Club: LAC Veltins
Number: 564

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:37

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 36 (of 64)

Rank in course/Men: 28 (of 44)

Best time in course: 35:40

Rank in category: 3(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	25:43	5:08	3	5:25	24	8:10	5.00	25:43	5:08	3	5:25	24	8:10				
Last lap Ziel Hen	5.00	25:54	5:10	3	4:59	25	20:37	10.00	51:37	5:09	3	10:24	28	15:57				