



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hieronymus, Rembert

Club: LAC Veltins
Number: 168

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:30:26

Speed: 11.28 km/h
Running performance: 5:10 min/km

Rank in course/Total: 62 (of 123)

Rank in course/Men: 56 (of 98)

Best time in course: 1:04:30

Rank in category: 6(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	29:13	5:50	8	7:21	66	9:29	5.00	29:13	5:50	8	7:21	66	9:29
Lap 2	3.00	15:26	5:08	6	3:26	48	4:16	8.00	44:39	5:34	8	10:47	61	13:45
Last lap Ziel Hen	9.50	45:47	4:49	6	9:56	54	12:11	17.50	1:30:26	5:10	6	20:43	56	25:56