



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kraus, Andre

Club: Team Ruhrtal Runners
Number: 513

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:48

Speed: 14.35 km/h
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 64)

Rank in course/Men: 8 (of 44)

Best time in course: 35:40

Rank in category: 1(of 4)

Best time in the category: 41:48

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	20:38	4:07	1	-	8	3:05	5.00	20:38	4:07	1	-	8	3:05
Last lap Ziel Hen	5.00	21:10	4:14	2	15:53	11	15:53	10.00	41:48	4:10	1	-	8	6:08