



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Rörig, Michael

Club: LAC Veltins
Number: 103

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:21:50

Speed: 12.46 km/h
Running performance: 4:41 min/km

Rank in course/Total: 33 (of 123)

Rank in course/Men: 30 (of 98)

Best time in course: 1:04:30

Rank in category: 8(of 21)

Best time in the category: 1:12:43

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	25:44	5:08	7	3:11	29	6:00	5.00	25:44	5:08	7	3:11	29	6:00
Lap 2	3.00	14:15	4:45	7	1:43	27	3:05	8.00	39:59	4:59	8	4:54	28	9:05
Last lap Ziel Hen	9.50	41:51	4:24	7	4:40	28	8:15	17.50	1:21:50	4:40	8	9:07	30	17:20