



3. Hennesee Panoramalauf  
Meschede - Hennesee / 19.04.2015

Detailed evaluation

**Nabil, Benrekia**

Club: Andreas Schule Velmede  
Number: 341

Course: 1.00 km  
Kinder- und Jugendlauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 3:39

Speed: 16.44 km/h  
Running performance: 3:39 min/km

Rank in course/Total: 53 (of 165)

Rank in course/Men: 28 (of 88)

Best time in course: 2:35

Rank in category: 15(of 27)

Best time in the category: 3:01