



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Bischke, Christian

Club: LAC Veltins
Number: 563

Course: 10.00 km
Uferweglauf lang

Category:
Männer (20-29 Jahre)

Total time: 42:44

Speed: 14.04 km/h
Running performance: 4:16 min/km

Rank in course/Total: 12 (of 64)

Rank in course/Men: 11 (of 44)

Best time in course: 35:40

Rank in category: 3(of 5)

Best time in the category: 37:23

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	21:06	4:13	3	2:20	11	3:33	5.00	21:06	4:13	3	2:20	11	3:33
Last lap Ziel Hen	5.00	21:38	4:19	3	3:01	13	16:21	10.00	42:44	4:16	3	5:21	11	7:04