



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

0000

Allgaier, Markus

00: RG Paderborn

00: 51

00: 17.50 km

Panorama Lauf

0000:

Männer (20-29 Jahre)

000: 1:31:03

00: 11.20 km/h

0000: 5:12 min/km

00000/000: 64 (of 123)

00000/0: 58 (of 98)

000000: 1:04:30

00000: 9(of 9)

0000000: 1:15:21

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	5.00	27:51	5:34	9	3:41	53	8:07	5.00	27:51	5:34	9	3:41	53	8:07
00 2	3.00	15:48	5:15	9	2:37	58	4:38	8.00	43:39	5:27	9	6:17	53	12:45
000 Ziel Hened:	9.50	47:24	4:59	9	9:25	63	13:48	17.50	1:31:03	5:12	9	15:42	58	26:33