



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

0000

Studt, Jochen

000: 1:29:10

00: 144

00: 11.44 km/h

0000: 5:06 min/km

00: 17.50 km

00000/000: 58 (of 123)

Panorama Lauf

00000/0: 53 (of 98)

000000: 1:04:30

0000:

00000: 1(of 6)

Senioren M60 (60-64 Jahre)

0000000: 1:29:10

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 | 28:24 | 5:40   | 1  | -  | 58 | 8:40  | 5.00  | 28:24   | 5:40   | 1  | -  | 58 | 8:40  |
| 00 2            | 3.00 | 15:33 | 5:11   | 1  | -  | 55 | 4:23  | 8.00  | 43:57   | 5:29   | 1  | -  | 55 | 13:03 |
| 000 Ziel Hened: | 9.50 | 45:13 | 4:45   | 1  | -  | 52 | 11:37 | 17.50 | 1:29:10 | 5:05   | 1  | -  | 53 | 24:40 |