



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

0000

Knappstein, Klaus

000: 1:36:46

00: 83

00: 10.54 km/h

0000: 5:32 min/km

00: 17.50 km

00000/000: 83 (of 123)

Panorama Lauf

00000/0: 74 (of 98)

000000: 1:04:30

0000:

00000: 10(of 15)

Senioren M50 (50-54 Jahre)

0000000: 1:09:43

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	30:29	6:05	11	8:37	74	10:45	5.00	30:29	6:05	11	8:37	74	10:45
00 2	3.00	16:53	5:37	10	4:53	72	5:43	8.00	47:22	5:55	11	13:30	74	16:28
000 Ziel Hened:	9.50	49:24	5:12	10	13:33	69	15:48	17.50	1:36:46	5:31	10	27:03	74	32:16