



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Griggel, Heinz

Club: Essen  
Number: 687

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:58:01

Speed: 8.64 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 67 (of 71)

Rank in course/Men: 52 (of 54)

Best time in course: 1:08:26

Rank in category: 2(of 2)

Best time in the category: 1:30:14

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
Control	5.00	34:38	6:55	2	6:30	52	14:26	5.00	34:38	6:55	2	6:30	25	5:02
Kontrolle	5.00	33:57	6:47	2	7:36	52	13:44	10.00	1:08:35	6:51	2	14:06	25	8:22
Control	5.00	32:21	6:28	2	8:11	52	13:36	15.00	1:40:56	6:43	2	22:17	25	12:59
Finish	2.50	17:05	6:49	2	5:30	52	7:59	17.50	1:58:01	6:44	2	27:47	52	49:35