



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

**Rocholz, Bodo**

Club: FC Schalke 04  
Number: 612

Course: 10.00 km  
10.000 m Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:34

Speed: 13.46 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 2 (of 26)

Rank in course/Men: 2 (of 9)

Best time in course: 39:35

Rank in category: 1(of 1)

Best time in the category: 44:34

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	22:18	4:27	1	-	2	2:21	5.00	22:18	4:27	1	-	2	2:21
Finish	5.00	22:16	4:27	1	-	2	2:38	10.00	44:34	4:27	1	-	2	4:59