



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Schürmann, Holger

Club: Lemmestadt
Number: 741

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 52:49

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 6 (of 26)

Rank in course/Men: 4 (of 9)

Best time in course: 39:35

Rank in category: 1(of 1)

Best time in the category: 52:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	5.00	26:50	5:21	1	-	4	6:53	5.00	26:50	5:21	1	-	4	6:53
Finish	5.00	25:59	5:11	1	-	4	6:21	10.00	52:49	5:16	1	-	4	13:14