



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Groll, Christian

Club: Sundern  
Number: 726

Course: 5.00 km  
Jogginglauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 23:35

Speed: 12.72 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 5 (of 17)

Rank in course/Men: 5 (of 12)

Best time in course: 20:40

Rank in category: 1(of 3)

Best time in the category: 23:35

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	2.50	12:27	4:58	1	-	6	1:18	2.50	12:27	4:58	1	-	5	1:17
Finish	2.50	11:08	4:27	1	-	5	1:37	5.00	23:35	4:43	1	-	5	2:55