



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Nacke, Norbert

Club: Bochum
Number: 608

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:06:42

Speed: 5.46 km/h
Running performance: 10:40 min/km

Rank in course/Total: 71 (of 71)

Rank in course/Men: 54 (of 54)

Best time in course: 1:08:26

Rank in category: 5(of 5)

Best time in the category: 1:33:00

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	53:47	10:45	5	26:47	54	33:35	5.00	53:47	10:45	5	26:47	27	24:11
Kontrolle	5.00	54:00	10:48	5	26:50	54	33:47	10.00	1:47:47	10:46	5	53:37	27	47:34
Control	5.00	54:00	10:48	5	28:00	54	35:15	15.00	2:41:47	10:47	5	1:21:37	27	1:13:50
Finish	2.50	24:55	9:58	5	12:05	54	15:49	17.50	3:06:42	10:40	5	1:33:42	54	1:58:16