



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Flügge, Henning

Club: Tus Oeventrop
Number: 619

Course: 5.00 km
Jogginglauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 22:32

Speed: 13.31 km/h
Running performance: 4:31 min/km

Rank in course/Total: 4 (of 17)

Rank in course/Men: 4 (of 12)

Best time in course: 20:40

Rank in category: 2(of 3)

Best time in the category: 21:04

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	11:25	4:33	2	0:15	4	0:16	2.50	11:25	4:33	3	0:15	6	0:15
Finish	2.50	11:07	4:26	2	1:13	4	1:36	5.00	22:32	4:30	2	1:28	4	1:52