



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Demming, Frank

Club: Arnsberg
Number: 715

Course: 5.00 km
Jogginglauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 28:19

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 8 (of 17)

Rank in course/Men: 8 (of 12)

Best time in course: 20:40

Rank in category: 2(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	14:57	5:58	2	2:30	8	3:48	2.50	14:57	5:58	2	2:30	8	3:47
Finish	2.50	13:22	5:20	2	2:14	8	3:51	5.00	28:19	5:39	2	4:44	8	7:39