



2. Hennesee Panorama Lauf
 Meschede - Hennesee / 05.10.2014

Detailed evaluation

Friederritzi, Ingo

Club: Arnsberg
 Number: 716

Course: 5.00 km
 Jogginglauf

Category:
 Senioren M45 (45-49 Jahre)

Total time: 29:28

Speed: 10.18 km/h
 Running performance: 5:53 min/km

Rank in course/Total: 12 (of 17)

Rank in course/Men: 10 (of 12)

Best time in course: 20:40

Rank in category: 3(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
Control	2.50	15:01	6:00	3	2:34	9	3:52	2.50	15:01	6:00	3	2:34	9	3:51
Finish	2.50	14:27	5:46	3	3:19	10	4:56	5.00	29:28	5:53	3	5:53	10	8:48