



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Ryba, Thomas

Club: Hildfeld
Number: 623

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:08:35

Speed: 14.87 km/h
Running performance: 3:55 min/km

Rank in course/Total: 2 (of 71)

Rank in course/Men: 2 (of 54)

Best time in course: 1:08:26

Rank in category: 1(of 3)

Best time in the category: 1:08:35

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	5.00	20:27	4:05	1	-	3	0:15	5.00	20:27	4:05	1	-	42	
Kontrolle	5.00	20:13	4:02	1	-	1	-	10.00	40:40	4:03	1	-	42	
Control	5.00	18:45	3:45	1	-	1	-	15.00	59:25	3:57	1	-	42	
Finish	2.50	9:10	3:39	1	-	2	0:04	17.50	1:08:35	3:55	1	-	2	0:09