



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: 15.31 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	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	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