



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Appelhans, Daniel

Club: SC-Hagen-Wildewiese
Number: 710

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:08:26

Speed: 14.91 km/h
Running performance: 3:55 min/km

Rank in course/Total: 1 (of 71)

Rank in course/Men: 1 (of 54)

Best time in course: 1:08:26

Rank in category: 1(of 6)

Best time in the category: 1:08:26

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	20:13	4:02	2	0:01	2	0:01	5.00	20:13	4:02	1	-	29	
Kontrolle	5.00	20:20	4:03	1	-	2	0:07	10.00	40:33	4:03	1	-	29	
Control	5.00	18:47	3:45	1	-	2	0:02	15.00	59:20	3:57	1	-	29	
Finish	2.50	9:06	3:38	1	-	1	-	17.50	1:08:26	3:54	1	-	1	-