



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Isfort, Hans

Club: FC Schalke 04
Number: 611

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:17:17

Speed: 13.20 km/h
Running performance: 4:25 min/km

Rank in course/Total: 8 (of 71)

Rank in course/Men: 7 (of 54)

Best time in course: 1:08:26

Rank in category: 1(of 10)

Best time in the category: 1:17:17

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	23:17	4:39	1	-	5	3:05	5.00	23:17	4:39	1	-	33	
Kontrolle	5.00	22:57	4:35	1	-	8	2:44	10.00	46:14	4:37	1	-	33	
Control	5.00	20:36	4:07	1	-	6	1:51	15.00	1:06:50	4:27	1	-	33	
Finish	2.50	10:27	4:10	1	-	6	1:21	17.50	1:17:17	4:24	1	-	7	8:51