



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Haverkamp, Kai

Club: Rot-Weiß-Unna
Number: 642

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:17:36

Speed: 13.14 km/h
Running performance: 4:26 min/km

Rank in course/Total: 9 (of 71)

Rank in course/Men: 8 (of 54)

Best time in course: 1:08:26

Rank in category: 4(of 10)

Best time in the category: 1:15:30

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	23:58	4:47	4	1:42	9	3:46	5.00	23:58	4:47	3	1:42	34	
Kontrolle	5.00	22:14	4:26	3	0:16	6	2:01	10.00	46:12	4:37	3	1:58	34	
Control	5.00	20:39	4:07	3	0:17	7	1:54	15.00	1:06:51	4:27	3	1:55	34	
Finish	2.50	10:45	4:17	4	0:55	8	1:39	17.50	1:17:36	4:26	4	2:06	8	9:10