



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Ebe, Guido

Club: TV Deilinghofen
Number: 629

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:16:58

Speed: 13.25 km/h
Running performance: 4:24 min/km

Rank in course/Total: 6 (of 71)

Rank in course/Men: 6 (of 54)

Best time in course: 1:08:26

Rank in category: 3(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	23:56	4:47	2	1:40	7	3:44	5.00	23:56	4:47	4	1:40	35	
Kontrolle	5.00	22:15	4:27	4	0:17	7	2:02	10.00	46:11	4:37	4	1:57	35	
Control	5.00	20:34	4:06	2	0:12	5	1:49	15.00	1:06:45	4:27	4	1:49	35	
Finish	2.50	10:13	4:05	2	0:23	5	1:07	17.50	1:16:58	4:23	3	1:28	6	8:32