



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Ebel, Norbert

Club: TV Flerke
Number: 602

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:20:55

Speed: 12.61 km/h
Running performance: 4:37 min/km

Rank in course/Total: 12 (of 71)

Rank in course/Men: 10 (of 54)

Best time in course: 1:08:26

Rank in category: 1(of 5)

Best time in the category: 1:20:55

| 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 | 24:10 | 4:50 | 1 | - | 11 | 3:58 | 5.00 | 24:10 | 4:50 | 1 | - | 37 | |
| Kontrolle | 5.00 | 23:49 | 4:45 | 1 | - | 11 | 3:36 | 10.00 | 47:59 | 4:47 | 1 | - | 37 | |
| Control | 5.00 | 21:49 | 4:21 | 1 | - | 10 | 3:04 | 15.00 | 1:09:48 | 4:39 | 1 | - | 37 | |
| Finish | 2.50 | 11:07 | 4:26 | 1 | - | 13 | 2:01 | 17.50 | 1:20:55 | 4:37 | 1 | - | 10 | 12:29 |