



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