



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Holtstraeter, Ingo

Club: Tus- Uentrop
Number: 615

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:39

Speed: 12.19 km/h
Running performance: 4:47 min/km

Rank in course/Total: 18 (of 71)

Rank in course/Men: 16 (of 54)

Best time in course: 1:08:26

Rank in category: 2(of 11)

Best time in the category: 1:22:29

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	24:43	4:56	2	0:25	16	4:31	5.00	24:43	4:56	2			43
Kontrolle	5.00	24:20	4:51	1	-	13	4:07	10.00	49:03	4:54	2			43
Control	5.00	23:03	4:36	2	1:03	18	4:18	15.00	1:12:06	4:48	2	0:34		43
Finish	2.50	11:33	4:37	5	0:36	21	2:27	17.50	1:23:39	4:46	2	1:10	16	15:13