



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Wecke, Axel

Club: LSF Werne
Number: 607

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:54

Speed: 12.16 km/h
Running performance: 4:47 min/km

Rank in course/Total: 21 (of 71)

Rank in course/Men: 19 (of 54)

Best time in course: 1:08:26

Rank in category: 4(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	24:18	4:51	1	-	13	4:06	5.00	24:18	4:51	3		44	
Kontrolle	5.00	24:26	4:53	2	0:06	14	4:13	10.00	48:44	4:52	3		44	
Control	5.00	23:14	4:38	5	1:14	21	4:29	15.00	1:11:58	4:47	3	0:26	44	
Finish	2.50	11:56	4:46	6	0:59	28	2:50	17.50	1:23:54	4:47	4	1:25	19	15:28