



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Becker, Rainer

Club: LG Heiß wie Frittenfett
Number: 706

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:12

Speed: 11.97 km/h
Running performance: 4:52 min/km

Rank in course/Total: 22 (of 71)

Rank in course/Men: 20 (of 54)

Best time in course: 1:08:26

Rank in category: 5(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	25:57	5:11	6	1:39	22	5:45	5.00	25:57	5:11	5	0:53	46	
Kontrolle	5.00	24:49	4:57	5	0:29	20	4:36	10.00	50:46	5:04	5	1:14	46	
Control	5.00	23:06	4:37	3	1:06	19	4:21	15.00	1:13:52	4:55	5	2:20	46	
Finish	2.50	11:20	4:31	4	0:23	19	2:14	17.50	1:25:12	4:52	5	2:43	20	16:46