



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Reinsch, Christoph

Club: SG RWE Arnsberg
Number: 690

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:23:50

Speed: 12.17 km/h
Running performance: 4:47 min/km

Rank in course/Total: 20 (of 71)

Rank in course/Men: 18 (of 54)

Best time in course: 1:08:26

Rank in category: 6(of 10)

Best time in the category: 1:15:30

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	25:28	5:05	6	3:12	20	5:16	5.00	25:28	5:05	7	3:12	48	
Kontrolle	5.00	24:33	4:54	5	2:35	17	4:20	10.00	50:01	5:00	7	5:47	48	
Control	5.00	22:30	4:30	6	2:08	16	3:45	15.00	1:12:31	4:50	7	7:35	48	
Finish	2.50	11:19	4:31	6	1:29	18	2:13	17.50	1:23:50	4:47	6	8:20	18	15:24