



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Ritter, Roland

Club: TuS Uentrop
Number: 708

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:29:15

Speed: 11.43 km/h
Running performance: 5:06 min/km

Rank in course/Total: 29 (of 71)

Rank in course/Men: 26 (of 54)

Best time in course: 1:08:26

Rank in category: 5(of 10)

Best time in the category: 1:17:17

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	26:38	5:19	5	3:21	24	6:26	5.00	26:38	5:19	5	3:21	52	
Kontrolle	5.00	26:30	5:17	5	3:33	29	6:17	10.00	53:08	5:18	5	6:54	52	
Control	5.00	24:24	4:52	4	3:48	25	5:39	15.00	1:17:32	5:10	5	10:42	52	
Finish	2.50	11:43	4:41	4	1:16	24	2:37	17.50	1:29:15	5:05	5	11:58	26	20:49