



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Ippach, Dirk

Club: RSC TRETLAGER Wetter / Ruhr
Number: 714

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:39

Speed: 11.77 km/h
Running performance: 4:57 min/km

Rank in course/Total: 24 (of 71)

Rank in course/Men: 22 (of 54)

Best time in course: 1:08:26

Rank in category: 6(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	25:47	5:09	5	1:29	21	5:35	5.00	25:47	5:09	6	0:43	53	
Kontrolle	5.00	25:14	5:02	6	0:54	22	5:01	10.00	51:01	5:06	6	1:29	53	
Control	5.00	24:21	4:52	6	2:21	24	5:36	15.00	1:15:22	5:01	6	3:50	53	
Finish	2.50	11:17	4:30	3	0:20	17	2:11	17.50	1:26:39	4:57	6	4:10	22	18:13