



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Aschwer, Dr. Hermann

Club: TRI-AS Hamm
Number: 600

Course: 17.50 km
Panorama Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:30:14

Speed: 11.30 km/h
Running performance: 5:10 min/km

Rank in course/Total: 31 (of 71)

Rank in course/Men: 27 (of 54)

Best time in course: 1:08:26

Rank in category: 1(of 2)

Best time in the category: 1:30:14

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	28:08	5:37	1	-	35	7:56	5.00	28:08	5:37	1	-	54	
Kontrolle	5.00	26:21	5:16	1	-	27	6:08	10.00	54:29	5:26	1	-	54	
Control	5.00	24:10	4:50	1	-	23	5:25	15.00	1:18:39	5:14	1	-	54	
Finish	2.50	11:35	4:38	1	-	23	2:29	17.50	1:30:14	5:09	1	-	27	21:48