



## 2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

### Detailed evaluation

**Förster, Udo**

Club: Team Camerone e.V.  
Number: 649

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:30:37

Speed: 11.26 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 32 (of 71)

Rank in course/Men: 28 (of 54)

Best time in course: 1:08:26

Rank in category: 7(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	27:37	5:31	7	3:19	28	7:25	5.00	27:37	5:31	7	2:33	15	
Kontrolle	5.00	26:20	5:15	7	2:00	26	6:07	10.00	53:57	5:23	7	4:25	15	
Control	5.00	24:25	4:53	7	2:25	26	5:40	15.00	1:18:22	5:13	7	6:50	15	
Finish	2.50	12:15	4:54	7	1:18	30	3:09	17.50	1:30:37	5:10	7	8:08	28	22:11