



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Irmeler, Günther

Club: DLRG-Schmallenberg
Number: 689

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:32:07

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 35 (of 71)

Rank in course/Men: 30 (of 54)

Best time in course: 1:08:26

Rank in category: 3(of 5)

Best time in the category: 1:20:55

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	27:58	5:35	3	3:48	30	7:46	5.00	27:58	5:35	3	3:48	3	
Kontrolle	5.00	26:52	5:22	3	3:03	32	6:39	10.00	54:50	5:29	3	6:51	3	
Control	5.00	24:55	4:59	3	3:06	31	6:10	15.00	1:19:45	5:18	3	9:57	3	
Finish	2.50	12:22	4:56	3	1:15	31	3:16	17.50	1:32:07	5:15	3	11:12	30	23:41