



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Henk, Bernd

Club: Schmallenberg

Number: 645

Course: 17.50 km

Panorama Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:32:08

Speed: 11.07 km/h

Running performance: 5:16 min/km

Rank in course/Total: 36 (of 71)

Rank in course/Men: 32 (of 54)

Best time in course: 1:08:26

Rank in category: 7(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Control	5.00	27:59	5:35	7	4:42	32	7:47	5.00	27:59	5:35	6	4:42	4		
Kontrolle	5.00	26:51	5:22	7	3:54	31	6:38	10.00	54:50	5:29	6	8:36	3		
Control	5.00	24:56	4:59	6	4:20	32	6:11	15.00	1:19:46	5:19	6	12:56	4		
Finish	2.50	12:22	4:56	6	1:55	31	3:16	17.50	1:32:08	5:15	7	14:51	32	23:42	