



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Pape, Alfred

Club: DLRG-Schmallenberg
Number: 646

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:32:07

Speed: 11.07 km/h
Running performance: 5:16 min/km

Rank in course/Total: 34 (of 71)

Rank in course/Men: 30 (of 54)

Best time in course: 1:08:26

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	5.00	27:57	5:35	6	4:40	29	7:45	5.00	27:57	5:35	7	4:40	5	
Kontrolle	5.00	26:31	5:18	6	3:34	30	6:18	10.00	54:28	5:26	7	8:14	5	
Control	5.00	25:15	5:02	7	4:39	33	6:30	15.00	1:19:43	5:18	7	12:53	5	
Finish	2.50	12:24	4:57	7	1:57	33	3:18	17.50	1:32:07	5:15	6	14:50	30	23:41