



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Heupel, Rudolf

Club: Vega Sprinter Hennesee
Number: 698

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:34:52

Speed: 10.75 km/h
Running performance: 5:25 min/km

Rank in course/Total: 44 (of 71)

Rank in course/Men: 37 (of 54)

Best time in course: 1:08:26

Rank in category: 8(of 10)

Best time in the category: 1:17:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	5.00	28:27	5:41	8	5:10	36	8:15	5.00	28:27	5:41	8	5:10	7	
Kontrolle	5.00	28:00	5:35	8	5:03	37	7:47	10.00	56:27	5:38	8	10:13	7	
Control	5.00	25:39	5:07	8	5:03	34	6:54	15.00	1:22:06	5:28	8	15:16	7	
Finish	2.50	12:46	5:06	8	2:19	36	3:40	17.50	1:34:52	5:25	8	17:35	37	26:26