



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Bajerke, Ralph

Club: SV Lippstadt
Number: 609

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:37:20

Speed: 10.48 km/h
Running performance: 5:34 min/km

Rank in course/Total: 46 (of 71)

Rank in course/Men: 38 (of 54)

Best time in course: 1:08:26

Rank in category: 8(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	28:53	5:46	8	4:35	37	8:41	5.00	28:53	5:46	8	3:49	8	
Kontrolle	5.00	29:01	5:48	9	4:41	41	8:48	10.00	57:54	5:47	8	8:22	8	
Control	5.00	26:36	5:19	8	4:36	38	7:51	15.00	1:24:30	5:38	8	12:58	8	
Finish	2.50	12:50	5:08	8	1:53	37	3:44	17.50	1:37:20	5:33	8	14:51	38	28:54