



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Heinz, Marco

Club: Schmallenberg
Number: 610

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:33:34

Speed: 10.90 km/h
Running performance: 5:21 min/km

Rank in course/Total: 41 (of 71)

Rank in course/Men: 36 (of 54)

Best time in course: 1:08:26

Rank in category: 10(of 10)

Best time in the category: 1:15:30

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	8	5:42	30	7:46	5.00	27:58	5:35	9	5:42	3	
Kontrolle	5.00	27:21	5:28	9	5:23	34	7:08	10.00	55:19	5:31	9	11:05	9	
Control	5.00	25:39	5:07	10	5:17	34	6:54	15.00	1:20:58	5:23	9	16:02	9	
Finish	2.50	12:36	5:02	10	2:46	34	3:30	17.50	1:33:34	5:20	10	18:04	36	25:08