



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Alliger, Jürgen

Club: VEGA Sprinter Hennesee
Number: 709

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:40:21

Speed: 10.16 km/h
Running performance: 5:44 min/km

Rank in course/Total: 50 (of 71)

Rank in course/Men: 41 (of 54)

Best time in course: 1:08:26

Rank in category: 9(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.	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	29:31	5:54	9	5:13	40	9:19	5.00	29:31	5:54	9	4:27	10		
Kontrolle	5.00	29:06	5:49	10	4:46	42	8:53	10.00	58:37	5:51	9	9:05	10		
Control	5.00	28:18	5:39	11	6:18	46	9:33	15.00	1:26:55	5:47	9	15:23	10		
Finish	2.50	13:26	5:22	10	2:29	45	4:20	17.50	1:40:21	5:44	9	17:52	41	31:55	