



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Knothe, Roman

Club: Herscheid

Number: 712

Course: 17.50 km

Panorama Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:15

Speed: 10.94 km/h

Running performance: 5:20 min/km

Rank in course/Total: 40 (of 71)

Rank in course/Men: 35 (of 54)

Best time in course: 1:08:26

Rank in category: 9(of 10)

Best time in the category: 1:15:30

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	29:14	5:50	10	6:58	38	9:02	5.00	29:14	5:50	10	6:58	11	
Kontrolle	5.00	27:30	5:30	10	5:32	35	7:17	10.00	56:44	5:40	10	12:30	11	
Control	5.00	24:43	4:56	8	4:21	29	5:58	15.00	1:21:27	5:25	10	16:31	11	
Finish	2.50	11:48	4:43	8	1:58	27	2:42	17.50	1:33:15	5:19	9	17:45	35	24:49