



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Bruning, Heinz

Club: SSV Meschede
Number: 686

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:40:35

Speed: 10.14 km/h
Running performance: 5:45 min/km

Rank in course/Total: 53 (of 71)

Rank in course/Men: 43 (of 54)

Best time in course: 1:08:26

Rank in category: 2(of 5)

Best time in the category: 1:33:00

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	30:24	6:04	2	3:24	44	10:12	5.00	30:24	6:04	2	3:24	13	0:48
Kontrolle	5.00	29:13	5:50	2	2:03	45	9:00	10.00	59:37	5:57	2	5:27	13	
Control	5.00	27:40	5:31	2	1:40	42	8:55	15.00	1:27:17	5:49	2	7:07	13	
Finish	2.50	13:18	5:19	2	0:28	42	4:12	17.50	1:40:35	5:44	2	7:35	43	32:09