



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Schulte, Ralf

Club: KCKB e.V.
Number: 650

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:41:28

Speed: 10.05 km/h
Running performance: 5:48 min/km

Rank in course/Total: 54 (of 71)

Rank in course/Men: 45 (of 54)

Best time in course: 1:08:26

Rank in category: 11(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	30:47	6:09	10	6:29	46	10:35	5.00	30:47	6:09	11	5:43	14	1:11
Kontrolle	5.00	28:43	5:44	8	4:23	40	8:30	10.00	59:30	5:57	11	9:58	14	
Control	5.00	27:45	5:32	10	5:45	45	9:00	15.00	1:27:15	5:48	11	15:43	14	
Finish	2.50	14:13	5:41	11	3:16	46	5:07	17.50	1:41:28	5:47	11	18:59	45	33:02