



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Hempelmann, Michael

Club: LAC Veltins Hochsauerland TV Arnsberg
Number: 707

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:42:19

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 56 (of 71)

Rank in course/Men: 46 (of 54)

Best time in course: 1:08:26

Rank in category: 3(of 3)

Best time in the category: 1:08:35

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	29:36	5:55	2	9:09	41	9:24	5.00	29:36	5:55	2	9:09	1	-
Kontrolle	5.00	30:37	6:07	3	10:24	47	10:24	10.00	1:00:13	6:01	2	19:33	1	-
Control	5.00	27:44	5:32	3	8:59	44	8:59	15.00	1:27:57	5:51	2	28:32	1	-
Finish	2.50	14:22	5:44	3	5:12	48	5:16	17.50	1:42:19	5:50	3	33:44	46	33:53