



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Knappstein, Klaus

Club: kein Verein
Number: 620

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:37:32

Speed: 10.46 km/h
Running performance: 5:34 min/km

Rank in course/Total: 48 (of 71)

Rank in course/Men: 40 (of 54)

Best time in course: 1:08:26

Rank in category: 9(of 10)

Best time in the category: 1:17:17

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	29:15	5:50	9	5:58	39	9:03	5.00	29:15	5:50	10	5:58	20	
Kontrolle	5.00	28:24	5:40	9	5:27	39	8:11	10.00	57:39	5:45	10	11:25	20	
Control	5.00	26:52	5:22	9	6:16	41	8:07	15.00	1:24:31	5:38	10	17:41	20	
Finish	2.50	13:01	5:12	9	2:34	39	3:55	17.50	1:37:32	5:34	9	20:15	40	29:06