



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Kern, Alexander

Club: onation
Number: 695

Course: 17.50 km
Panorama Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:48:49

Speed: 9.37 km/h
Running performance: 6:13 min/km

Rank in course/Total: 63 (of 71)

Rank in course/Men: 50 (of 54)

Best time in course: 1:08:26

Rank in category: 2(of 2)

Best time in the category: 1:19:24

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	32:24	6:28	2	9:07	48	12:12	5.00	32:24	6:28	2	9:07	23	2:48
Kontrolle	5.00	32:55	6:34	2	9:18	51	12:42	10.00	1:05:19	6:31	2	18:25	23	5:06
Control	5.00	30:11	6:02	2	8:26	51	11:26	15.00	1:35:30	6:21	2	26:51	23	7:33
Finish	2.50	13:19	5:19	2	2:34	44	4:13	17.50	1:48:49	6:13	2	29:25	50	40:23