



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Kösters, Jürgen

Club: BS Warstein
Number: 681

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 53:24

Speed: 11.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 21 (of 30)

Rank in course/Men: 17 (of 22)

Best time in course: 33:34

Rank in category: 1(of 1)

Best time in the category: 53:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wendestelle	5.00	26:15	5:15	1	-	17	9:38	5.00	26:15	5:15	1	-	7	1:11
Finish	5.00	27:09	5:25	1	-	18	10:12	10.00	53:24	5:20	1	-	17	19:50