



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

**Kösters, Jürgen**

Club: Warstein  
Number: 748

Course: 10.00 km  
10.000 m Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 54:30

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 7 (of 26)

Rank in course/Men: 5 (of 9)

Best time in course: 39:35

Rank in category: 1(of 1)

Best time in the category: 54:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	5.00	28:13	5:38	1	-	5	8:16	5.00	28:13	5:38	1	-	5	8:16
Finish	5.00	26:17	5:15	1	-	5	6:39	10.00	54:30	5:27	1	-	5	14:55