



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Kösters, Jürgen**

Club: bG warstein  
Number: 542

Course: 10.00 km  
Uferweglauf lang

Category:  
Senioren M60 (60-64 Jahre)

Total time: 52:12

Speed: 11.49 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 37 (of 64)

Rank in course/Men: 29 (of 44)

Best time in course: 35:40

Rank in category: 5(of 7)

Best time in the category: 43:23

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1             | 5.00        | 25:53         | 5:10            | 5           | 4:18           | 25          | 8:20          | 5.00          | 25:53         | 5:10            | 5           | 4:18           | 25         | 8:20          |
| Last lap Ziel Hen | 5.00        | 26:19         | 5:15            | 5           | 4:31           | 27          | 21:02         | 10.00         | 52:12         | 5:13            | 5           | 8:49           | 29         | 16:32         |