



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 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
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