



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Jürgens, Klaus-Dieter

Club: TC Kirchhunden
Number: 560

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M75 (75 und älter)

Total time: 57:34

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 51 (of 64)

Rank in course/Men: 40 (of 44)

Best time in course: 35:40

Rank in category: 1(of 1)

Best time in the category: 57:34

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	27:54	5:34	1	-	34	10:21	5.00	27:54	5:34	1	-	34	10:21
Last lap Ziel Hen	5.00	29:40	5:56	1	-	36	24:23	10.00	57:34	5:45	1	-	40	21:54