



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Jäckel, Norbert

Club: TGH Wetter
Number: 76

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:35:40

Speed: 10.66 km/h
Running performance: 5:28 min/km

Rank in course/Total: 80 (of 123)

Rank in course/Men: 72 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 6)

Best time in the category: 1:29:10

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	29:09	5:49	2	0:45	63	9:25	5.00	29:09	5:49	2	0:45	63	9:25
Lap 2	3.00	16:54	5:37	4	1:21	74	5:44	8.00	46:03	5:45	3	2:06	67	15:09
Last lap Ziel Hen	9.50	49:37	5:13	4	4:24	71	16:01	17.50	1:35:40	5:28	4	6:30	72	31:10