



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Timmerman, Rene

Club: TGH Wetter
Number: 121

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:31:17

Speed: 11.17 km/h
Running performance: 5:13 min/km

Rank in course/Total: 65 (of 123)

Rank in course/Men: 59 (of 98)

Best time in course: 1:04:30

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	29:12	5:50	3	0:48	65	9:28	5.00	29:12	5:50	3	0:48	65	9:28
Lap 2	3.00	15:36	5:12	2	0:03	57	4:26	8.00	44:48	5:35	2	0:51	62	13:54
Last lap Ziel Hen	9.50	46:29	4:53	2	1:16	58	12:53	17.50	1:31:17	5:12	2	2:07	59	26:47