



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 |