



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Koopmann, Jan**

Club: FRC Herten  
Number: 84

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:57:05

Speed: 8.71 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 119 (of 123)

Rank in course/Men: 95 (of 98)

Best time in course: 1:04:30

Rank in category: 12(of 12)

Best time in the category: 1:04:30

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	36:34	7:18	12	16:50	92	16:50	5.00	36:34	7:18	12	16:50	92	16:50
Lap 2	3.00	19:33	6:30	12	8:23	90	8:23	8.00	56:07	7:00	12	25:13	92	25:13
Last lap Ziel Hen	9.50	1:00:58	6:25	12	27:22	94	27:22	17.50	1:57:05	6:41	12	52:35	95	52:35