



2. Hennesee Panorama Lauf  
 Meschede - Hennesee / 05.10.2014

Detailed evaluation

Knoche, Verena

Club: Meschede  
 Number: 713

Course: 17.50 km  
 Panorama Lauf

Category:  
 Frauen (20-29 Jahre)

Total time: 2:01:25

Speed: 8.40 km/h  
 Running performance: 6:56 min/km

Rank in course/Total: 69 (of 71)  
 Rank in course/Women: 16 (of 17)  
 Best time in course: 1:17:08  
 Rank in category: 3(of 4)  
 Best time in the category: 1:41:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	5.00	35:18	7:03	3	4:49	16	12:04	5.00	35:18	7:03	3	4:49	3	6:32
Kontrolle	5.00	35:49	7:09	3	6:05	16	12:55	10.00	1:11:07	7:06	3	10:54	3	15:12
Control	5.00	34:19	6:51	3	6:56	16	13:47	15.00	1:45:26	7:01	3	17:50	3	24:19
Finish	2.50	15:59	6:23	3	1:58	16	5:31	17.50	2:01:25	6:56	3	19:48	16	44:17