



2. Hennesee Panorama Lauf
 Meschede - Hennesee / 05.10.2014

Detailed evaluation

Neff, Marina

Club: Arnsberg
 Number: 786

Course: 10.00 km
 10.000 m Lauf

Category:
 Frauen (20-29 Jahre)

Total time: 56:17

Speed: 10.66 km/h
 Running performance: 5:38 min/km

Rank in course/Total: 11 (of 26)
 Rank in course/Women: 6 (of 17)
 Best time in course: 46:59

Rank in category: 2(of 5)
 Best time in the category: 56:00

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Control	5.00	28:33	5:42	2	0:05	6	5:07	5.00	28:33	5:42	2	0:05	13	
Finish	5.00	27:44	5:32	3	0:20	7	4:11	10.00	56:17	5:37	2	0:17	6	9:18