



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.   | Women | Women  |       |       |       | km  | Time   |     |        | min/km |
| 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   |        |