



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Nölke, Andrea

Club: Bestwig

Number: 747

Course: 10.00 km

10.000 m Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:03:24

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 23 (of 26)

Rank in course/Women: 14 (of 17)

Best time in course: 46:59

Rank in category: 5(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	Cat.	Cat.	Women	Women
Control	5.00	31:23	6:16	5	2:55	13	7:57	5.00	31:23	6:16	5	2:55	6	1:44
Finish	5.00	32:01	6:24	5	4:37	14	8:28	10.00	1:03:24	6:20	5	7:24	14	16:25