



2. Hennesee Panorama Lauf  
 Meschede - Hennesee / 05.10.2014

Detailed evaluation

Trapani, Iwona

Club: Arnsberg  
 Number: 733

Course: 5.00 km  
 Jogginglauf

Category:  
 Seniorinnen W35 (35-39 Jahre)

Total time: 28:25

Speed: 10.56 km/h  
 Running performance: 5:41 min/km

Rank in course/Total: 9 (of 17)

Rank in course/Women: 1 (of 5)

Best time in course: 28:25

Rank in category: 1(of 1)

Best time in the category: 28:25

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|         |             |               |                 |             |                |              |                 |             |               |                 |             |                |              |                 |
| Control | 2.50        | 14:55         | 5:58            | 1           | -              | 1            | -               | 2.50        | 14:55         | 5:58            | 1           | -              | 1            | -               |
| Finish  | 2.50        | 13:30         | 5:24            | 1           | -              | 1            | -               | 5.00        | 28:25         | 5:41            | 1           | -              | 1            | -               |