



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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	-