



2. Hennesee Panorama Lauf  
 Meschede - Hennesee / 05.10.2014

Detailed evaluation

Adegeest, Francis

Club: Erwitte  
 Number: 704

Course: 5.00 km  
 Jogginglauf

Category:  
 Frauen (20-29 Jahre)

Total time: 32:22

Speed: 9.27 km/h  
 Running performance: 6:28 min/km

Rank in course/Total: 13 (of 17)

Rank in course/Women: 3 (of 5)

Best time in course: 28:25

Rank in category: 2(of 2)

Best time in the category: 28:33

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	2.50	16:33	6:37	2	1:33	3	1:38	2.50	16:33	6:37	2	1:33	3	1:38
Finish	2.50	15:49	6:19	2	2:16	3	2:19	5.00	32:22	6:28	2	3:49	3	3:57