



2. Hennesee Panorama Lauf
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Koch, Nadja

Club: SCC Scharmede
Number: 685

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:17:08

Speed: 13.22 km/h
Running performance: 4:25 min/km

Rank in course/Total: 7 (of 71)
Rank in course/Women: 1 (of 17)
Best time in course: 1:17:08

Rank in category: 1(of 1)
Best time in the category: 1:17:08

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	5.00	23:14	4:38	1	-	1	-	5.00	23:14	4:38	1	-	10	
Kontrolle	5.00	22:54	4:34	1	-	1	-	10.00	46:08	4:36	1	-	10	
Control	5.00	20:32	4:06	1	-	1	-	15.00	1:06:40	4:26	1	-	10	
Finish	2.50	10:28	4:11	1	-	1	-	17.50	1:17:08	4:24	1	-	1	-