



2. Hennesee Panorama Lauf  
Meschede - Hennesee / 05.10.2014

Detailed evaluation

Buschemann, Bärbel

Club: LG-Lage-Detmold-Bad Salzuflen  
Number: 694

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:38

Speed: 12.81 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 11 (of 71)  
Rank in course/Women: 2 (of 17)  
Best time in course: 1:17:08

Rank in category: 1(of 4)  
Best time in the category: 1:19:38

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	24:11	4:50	1	-	2	0:57	5.00	24:11	4:50	1	-	17	
Kontrolle	5.00	23:23	4:40	1	-	2	0:29	10.00	47:34	4:45	1	-	17	
Control	5.00	21:33	4:18	1	-	2	1:01	15.00	1:09:07	4:36	1	-	17	
Finish	2.50	10:31	4:12	1	-	2	0:03	17.50	1:19:38	4:33	1	-	2	2:30