



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Rohde, Anke

Club: LG Diemelsee
Number: 621

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:28:32

Speed: 11.52 km/h
Running performance: 5:04 min/km

Rank in course/Total: 27 (of 71)

Rank in course/Women: 3 (of 17)

Best time in course: 1:17:08

Rank in category: 1(of 2)

Best time in the category: 1:28:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking					
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Control	5.00	26:51	5:22	1	-	3	3:37	5.00	26:51	5:22	1	-	16
Kontrolle	5.00	26:00	5:12	1	-	3	3:06	10.00	52:51	5:17	1	-	16
Control	5.00	23:50	4:46	1	-	3	3:18	15.00	1:16:41	5:06	1	-	16
Finish	2.50	11:51	4:44	1	-	3	1:23	17.50	1:28:32	5:03	1	-	3 11:24