



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Demirtas, Karin

Club: 1.TriTeam Gütersloh
Number: 696

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:29:29

Speed: 11.40 km/h
Running performance: 5:07 min/km

Rank in course/Total: 30 (of 71)
Rank in course/Women: 4 (of 17)
Best time in course: 1:17:08

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	5.00	27:00	5:24	2	2:49	4	3:46	5.00	27:00	5:24	2	2:49	15	
Kontrolle	5.00	26:24	5:16	2	3:01	4	3:30	10.00	53:24	5:20	2	5:50	15	
Control	5.00	24:06	4:49	2	2:33	4	3:34	15.00	1:17:30	5:10	2	8:23	15	
Finish	2.50	11:59	4:47	2	1:28	4	1:31	17.50	1:29:29	5:06	2	9:51	4	12:21