



## 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        |