



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Hoffmann, Raffaella

Club: SC Girkhausen
Number: 728

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:32:41

Speed: 11.01 km/h
Running performance: 5:18 min/km

Rank in course/Total: 37 (of 71)

Rank in course/Women: 5 (of 17)

Best time in course: 1:17:08

Rank in category: 3(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	27:21	5:28	3	3:10	5	4:07	5.00	27:21	5:28	3	3:10	14	
Kontrolle	5.00	26:51	5:22	3	3:28	5	3:57	10.00	54:12	5:25	3	6:38	14	
Control	5.00	25:13	5:02	3	3:40	6	4:41	15.00	1:19:25	5:17	3	10:18	14	
Finish	2.50	13:16	5:18	3	2:45	8	2:48	17.50	1:32:41	5:17	3	13:03	5	15:33