



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Hollensteiner, Katja

Club: LC 92 Bad Salzuflen
Number: 627

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:35:52

Speed: 10.64 km/h
Running performance: 5:29 min/km

Rank in course/Total: 45 (of 71)
Rank in course/Women: 8 (of 17)
Best time in course: 1:17:08

Rank in category: 3(of 4)
Best time in the category: 1:33:39

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	28:27	5:41	2	0:31	7	5:13	5.00	28:27	5:41	1	-	13	
Kontrolle	5.00	28:20	5:39	3	1:11	8	5:26	10.00	56:47	5:40	1	-	13	0:52
Control	5.00	25:55	5:11	2	0:43	7	5:23	15.00	1:22:42	5:30	1	-	13	1:35
Finish	2.50	13:10	5:15	3	0:38	7	2:42	17.50	1:35:52	5:28	3	2:13	8	18:44