



2. Hennesee Panorama Lauf

Meschede - Hennesee / 05.10.2014

Detailed evaluation

Lorenz, Mirka

Club: Schmallenberg
Number: 630

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:39:35

Speed: 10.24 km/h
Running performance: 5:41 min/km

Rank in course/Total: 49 (of 71)

Rank in course/Women: 9 (of 17)

Best time in course: 1:17:08

Rank in category: 4(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	29:47	5:57	4	5:36	9	6:33	5.00	29:47	5:57	4	5:36	12	1:01
Kontrolle	5.00	28:48	5:45	4	5:25	9	5:54	10.00	58:35	5:51	4	11:01	12	2:40
Control	5.00	27:13	5:26	4	5:40	9	6:41	15.00	1:25:48	5:43	4	16:41	12	4:41
Finish	2.50	13:47	5:30	4	3:16	9	3:19	17.50	1:39:35	5:41	4	19:57	9	22:27