



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Kraas, Diana**

Club: -

Number: 512

Course: 10.00 km

Uferweglauf lang

Category:

Frauen (20-29 Jahre)

Total time: 1:09:02

Speed: 8.69 km/h

Running performance: 6:54 min/km

Rank in course/Total: 62 (of 64)

Rank in course/Women: 19 (of 20)

Best time in course: 40:46

Rank in category: 4(of 4)

Best time in the category: 47:09

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1             | 5.00        | 33:40         | 6:43            | 3           | 10:15          | 17           | 13:34           | 5.00          | 33:40         | 6:43            | 3           | 10:15          | 17           | 13:34           |
| Last lap Ziel Hen | 5.00        | 35:22         | 7:04            | 3           | 11:38          | 18           | 14:42           | 10.00         | 1:09:02       | 6:54            | 4           | 21:53          | 19           | 28:16           |