



### 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 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
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