



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Sigge, Sabine

Club: Team Ruhrtal Runners
Number: 224

Course: 5.00 km
Uferweglauf kurz

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 30:02

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 29 (of 43)
Rank in course/Women: 8 (of 19)
Best time in course: 22:01

Rank in category: 1(of 3)
Best time in the category: 30:02

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	2.50	14:58	5:59	1	-	8	4:09	2.50	14:58	5:59	1	-	8	4:09
Last lap Ziel Hen	2.50	15:04	6:01	1	-	9	3:52	5.00	30:02	6:00	1	-	8	8:01