



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Carmer, Luciene

Club: Laufladen Endspurt
Number: 629

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 40:46

Speed: 14.72 km/h
Running performance: 4:05 min/km

Rank in course/Total: 6 (of 64)
Rank in course/Women: 1 (of 20)

Best time in course: 40:46
Rank in category: 1 (of 5)
Best time in the category: 40:46

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
Lap 1	5.00	20:06	4:01	1	-	1	-	5.00	20:06	4:01	1	-	1	-
Last lap Ziel Hen	5.00	20:40	4:08	1	-	1	-	10.00	40:46	4:04	1	-	1	-