



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hollensteiner, Katja

Club: LC 92 Bad Salzuflen
Number: 73

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:29:39

Speed: 11.38 km/h
Running performance: 5:07 min/km

Rank in course/Total: 60 (of 123)

Rank in course/Women: 6 (of 25)

Best time in course: 1:19:22

Rank in category: 4(of 5)

Best time in the category: 1:19:34

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	27:46	5:33	4	2:13	6	3:00	5.00	27:46	5:33	4	2:13	6	3:00
Lap 2	3.00	15:56	5:18	4	1:37	6	1:59	8.00	43:42	5:27	4	3:42	6	4:59
Last lap Ziel Hen	9.50	45:57	4:50	4	6:27	6	6:27	17.50	1:29:39	5:07	4	10:05	6	10:17