



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Bremer, Bettina

Club: LC Solbad Ravens Berg
Number: 143

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:34:12

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 71 (of 123)

Rank in course/Women: 7 (of 25)

Best time in course: 1:19:22

Rank in category: 2(of 5)

Best time in the category: 1:19:22

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	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-
Lap 2	3.00	fehlt!	-	-	-	-	-	8.00	-	-	-	-	-	-
Last lap Ziel Hen	9.50	1:34:12	9:54	5	53:33	25	54:42	17.50	1:34:12	5:22	2	14:50	7	14:50