



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Weide, Cora

Club: Team Ruhrtal Runners
Number: 229

Course: 5.00 km
Uferweglauf kurz

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 35:36

Speed: 8.43 km/h
Running performance: 7:07 min/km

Rank in course/Total: 41 (of 43)
Rank in course/Women: 17 (of 19)

Best time in course: 22:01
Rank in category: 3(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	17:26	6:58	3	2:28	17	6:37	2.50	17:26	6:58	3	2:28	17	6:37
Last lap Ziel Hen	2.50	18:10	7:16	3	3:06	16	6:58	5.00	35:36	7:07	3	5:34	17	13:35