



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Krisch, Elayna**

Club: LGO Dortmund  
Number: 254

Course: 5.00 km  
Uferweglauf kurz

Category:  
weibliche Jugend U14 (12-13 Jahre)

Total time: 22:01

Speed: 13.63 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 7 (of 43)  
Rank in course/Women: 1 (of 19)  
Best time in course: 22:01

Rank in category: 1(of 1)  
Best time in the category: 22:01

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	2.50	10:49	4:19	1	-	1	-	2.50	10:49	4:19	1	-	1	-
Last lap Ziel Hen	2.50	11:12	4:28	1	-	1	-	5.00	22:01	4:24	1	-	1	-