



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Vieth, Svenja

Club: Arnsberg
Number: 533

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:12:58

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 63 (of 64)
Rank in course/Women: 20 (of 20)

Best time in course: 40:46
Rank in category: 2(of 2)
Best time in the category: 47:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	34:07	6:49	2	10:39	19	14:01	5.00	34:07	6:49	2	10:39	19	14:01
Last lap Ziel Hen	5.00	38:51	7:46	2	15:08	19	18:11	10.00	1:12:58	7:17	2	25:47	20	32:12