



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Salomo, Ingrid

Club: LT Bittermark Dortmund
Number: 105

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:56:25

Speed: 8.76 km/h
Running performance: 6:39 min/km

Rank in course/Total: 118 (of 123)

Rank in course/Women: 24 (of 25)

Best time in course: 1:19:22

Rank in category: 4(of 4)

Best time in the category: 1:37:38

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	36:33	7:18	4	5:37	23	11:47	5.00	36:33	7:18	4	5:37	23	11:47
Lap 2	3.00	20:48	6:56	4	3:16	23	6:51	8.00	57:21	7:10	4	8:53	23	18:38
Last lap Ziel Hen	9.50	59:04	6:13	4	10:06	22	19:34	17.50	1:56:25	6:39	4	18:47	24	37:03