



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kalläne, Bettina

Club: LV Oelde

Number: 79

Course: 17.50 km

Panorama Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:19:34

Speed: 12.82 km/h

Running performance: 4:33 min/km

Rank in course/Total: 22 (of 123)

Rank in course/Women: 2 (of 25)

Best time in course: 1:19:22

Rank in category: 1(of 5)

Best time in the category: 1:19:34

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	25:45	5:09	2	0:12	3	0:59	5.00	25:45	5:09	2	0:12	3	0:59
Lap 2	3.00	14:19	4:46	1	-	2	0:22	8.00	40:04	5:00	2	0:04	3	1:21
Last lap Ziel Hen	9.50	39:30	4:09	1	-	1	-	17.50	1:19:34	4:32	1	-	2	0:12