



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Lauber, Birgit

Club: M&M Adams GmbH Winterberg
Number: 516

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 48:57

Speed: 12.26 km/h
Running performance: 4:53 min/km

Rank in course/Total: 30 (of 64)

Rank in course/Women: 6 (of 20)

Best time in course: 40:46

Rank in category: 3(of 5)

Best time in the category: 40:46

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	5.00	24:22	4:52	3	4:16	7	4:16	5.00	24:22	4:52	3	4:16	7	4:16
Last lap Ziel Hen	5.00	24:35	4:54	3	3:55	6	3:55	10.00	48:57	4:53	3	8:11	6	8:11