



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Stephan, Elke

Club: Marathon Soest
Number: 118

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:37:38

Speed: 10.45 km/h
Running performance: 5:35 min/km

Rank in course/Total: 86 (of 123)
Rank in course/Women: 11 (of 25)
Best time in course: 1:19:22

Rank in category: 1(of 4)
Best time in the category: 1:37:38

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	30:56	6:11	1	-	11	6:10	5.00	30:56	6:11	1	-	11	6:10
Lap 2	3.00	17:32	5:50	1	-	15	3:35	8.00	48:28	6:03	1	-	12	9:45
Last lap Ziel Hen	9.50	49:10	5:10	2	0:12	10	9:40	17.50	1:37:38	5:34	1	-	11	18:16