



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Krause, Silke

Club: Marathon-Club Menden
Number: 155

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:42:25

Speed: 9.96 km/h
Running performance: 5:51 min/km

Rank in course/Total: 98 (of 123)
Rank in course/Women: 18 (of 25)
Best time in course: 1:19:22

Rank in category: 2(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	32:32	6:30	2	1:36	17	7:46	5.00	32:32	6:30	2	1:36	17	7:46
Lap 2	3.00	18:20	6:06	2	0:48	18	4:23	8.00	50:52	6:21	2	2:24	17	12:09
Last lap Ziel Hen	9.50	51:33	5:25	3	2:35	17	12:03	17.50	1:42:25	5:51	2	4:47	18	23:03