



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Grewe, Christina**

Club: MESCHÉDE

Number: 182

Course: 17.50 km

Panorama Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:45:11

Speed: 9.70 km/h

Running performance: 6:01 min/km

Rank in course/Total: 109 (of 123)

Rank in course/Women: 22 (of 25)

Best time in course: 1:19:22

Rank in category: 3(of 3)

Best time in the category: 1:38:27

#### 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	34:11	6:50	3	2:28	21	9:25	5.00	34:11	6:50	3	2:28	21	9:25
Lap 2	3.00	18:06	6:02	3	0:42	17	4:09	8.00	52:17	6:32	3	3:10	20	13:34
Last lap Ziel Hen	9.50	52:54	5:34	3	4:21	21	13:24	17.50	1:45:11	6:00	3	6:44	22	25:49