



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Ehm, Sabine

Club: Team Ruhrtal Runners
Number: 204

Course: 5.00 km
Uferweglauf kurz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 29:56

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 26 (of 43)
Rank in course/Women: 7 (of 19)
Best time in course: 22:01

Rank in category: 1(of 2)
Best time in the category: 29:56

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	2.50	14:58	5:59	1	-	8	4:09	2.50	14:58	5:59	1	-	8	4:09
Last lap Ziel Hen	2.50	14:58	5:59	1	-	7	3:46	5.00	29:56	5:59	1	-	7	7:55