



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Hesse, Gaby**

Club: Meschede  
Number: 510

Course: 10.00 km  
Uferweglauf lang

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:02:09

Speed: 9.65 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 57 (of 64)  
Rank in course/Women: 15 (of 20)

Best time in course: 40:46  
Rank in category: 3(of 3)  
Best time in the category: 53:53

#### 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	30:18	6:03	3	3:17	14	10:12	5.00	30:18	6:03	3	3:17	14	10:12
Last lap Ziel Hen	5.00	31:51	6:22	3	4:59	14	11:11	10.00	1:02:09	6:12	3	8:16	15	21:23