



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hendan, Melanie

Club: Oelde
Number: 509

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:23

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 59 (of 64)

Rank in course/Women: 16 (of 20)

Best time in course: 40:46

Rank in category: 5(of 5)

Best time in the category: 40:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	32:08	6:25	5	12:02	15	12:02	5.00	32:08	6:25	5	12:02	15	12:02
Last lap Ziel Hen	5.00	33:15	6:39	5	12:35	15	12:35	10.00	1:05:23	6:32	5	24:37	16	24:37