



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Krause, Anja

Club: Sauerland Sportteam
Number: 514

Course: 10.00 km
Uferweglauf lang

Category:
Frauen (20-29 Jahre)

Total time: 52:39

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 38 (of 64)
Rank in course/Women: 9 (of 20)

Best time in course: 40:46
Rank in category: 2(of 4)
Best time in the category: 47:09

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	25:40	5:08	2	2:15	9	5:34	5.00	25:40	5:08	2	2:15	9	5:34
Last lap Ziel Hen	5.00	26:59	5:23	2	3:15	11	6:19	10.00	52:39	5:15	2	5:30	9	11:53