



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Meisner, Irina

Club: SC Hagen-Wildewiese
Number: 588

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 47:11

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 26 (of 64)
Rank in course/Women: 4 (of 20)
Best time in course: 40:46

Rank in category: 1(of 2)
Best time in the category: 47:11

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	23:28	4:41	1	-	4	3:22	5.00	23:28	4:41	1	-	4	3:22
Last lap Ziel Hen	5.00	23:43	4:44	1	-	4	3:03	10.00	47:11	4:43	1	-	4	6:25