



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Baehr, Lara

Club: SC Hagen-Wildewiese
Number: 202

Course: 5.00 km
Uferweglauf kurz

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 23:00

Speed: 13.04 km/h
Running performance: 4:36 min/km

Rank in course/Total: 11 (of 43)
Rank in course/Women: 3 (of 19)
Best time in course: 22:01

Rank in category: 1(of 2)
Best time in the category: 23:00

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	2.50	11:06	4:26	1	-	2	0:17	2.50	11:06	4:26	1	-	2	0:17
Last lap Ziel Hen	2.50	11:54	4:45	1	-	3	0:42	5.00	23:00	4:35	1	-	3	0:59