



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Loerwald, Silke

Club: SC Hagen-Wildewiese
Number: 517

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 51:21

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 35 (of 64)
Rank in course/Women: 8 (of 20)

Best time in course: 40:46
Rank in category: 2(of 3)
Best time in the category: 49:14

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	25:25	5:05	2	1:24	8	5:19	5.00	25:25	5:05	2	1:24	8	5:19
Last lap Ziel Hen	5.00	25:56	5:11	2	0:43	8	5:16	10.00	51:21	5:08	2	2:07	8	10:35