



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Franken, Petra

Club: DJK Werl
Number: 539

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:28

Speed: 12.64 km/h
Running performance: 4:45 min/km

Rank in course/Total: 28 (of 64)
Rank in course/Women: 5 (of 20)

Best time in course: 40:46

Rank in category: 2(of 5)

Best time in the category: 40:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	23:47	4:45	2	3:41	5	3:41	5.00	23:47	4:45	2	3:41	5	3:41
Last lap Ziel Hen	5.00	23:41	4:44	2	3:01	3	3:01	10.00	47:28	4:44	2	6:42	5	6:42