



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Luig, Simone

Club: Skiclub Sundern

Number: 91

Course: 17.50 km

Panorama Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:59:00

Speed: 8.57 km/h

Running performance: 6:48 min/km

Rank in course/Total: 121 (of 123)

Rank in course/Women: 25 (of 25)

Best time in course: 1:19:22

Rank in category: 5(of 5)

Best time in the category: 1:19:22

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	36:45	7:20	4	11:59	24	11:59	5.00	36:45	7:20	4	11:59	24	11:59
Lap 2	3.00	21:07	7:02	4	7:10	24	7:10	8.00	57:52	7:14	4	19:09	24	19:09
Last lap Ziel Hen	9.50	1:01:08	6:26	4	20:29	24	21:38	17.50	1:59:00	6:47	5	39:38	25	39:38