



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Siepe, Marion

Club: Sundern
Number: 528

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:08:54

Speed: 8.71 km/h
Running performance: 6:53 min/km

Rank in course/Total: 61 (of 64)
Rank in course/Women: 18 (of 20)

Best time in course: 40:46
Rank in category: 2(of 2)
Best time in the category: 43:58

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	33:54	6:46	2	12:15	18	13:48	5.00	33:54	6:46	2	12:15	18	13:48
Last lap Ziel Hen	5.00	35:00	7:00	2	12:41	17	14:20	10.00	1:08:54	6:53	2	24:56	18	28:08