



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Homann, Olga**

Club: TEAM ARÜ

Number: 214

Course: 5.00 km

Uferweglauf kurz

Category:

Frauen (20-29 Jahre)

Total time: 27:45

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 24 (of 43)

Rank in course/Women: 6 (of 19)

Best time in course: 22:01

Rank in category: 1(of 3)

Best time in the category: 27:45

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1             | 2.50        | 13:42         | 5:28            | 1           | -              | 5            | 2:53            | 2.50          | 13:42         | 5:28            | 1           | -              | 5            | 2:53            |
| Last lap Ziel Hen | 2.50        | 14:03         | 5:37            | 1           | -              | 6            | 2:51            | 5.00          | 27:45         | 5:32            | 1           | -              | 6            | 5:44            |