



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Siepe, Marion

Club: TEAM ARÜ

Number: 223

Course: 5.00 km

Uferweglauf kurz

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 32:41

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 33 (of 43)

Rank in course/Women: 11 (of 19)

Best time in course: 22:01

Rank in category: 2(of 3)

Best time in the category: 27:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.50	16:18	6:31	2	2:00	13	5:29	2.50	16:18	6:31	2	2:00	13	5:29
Last lap Ziel Hen	2.50	16:23	6:33	2	3:01	12	5:11	5.00	32:41	6:32	2	5:01	11	10:40