



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

#### Detailed evaluation

**Jolmes, Bettina**

Club: TEAM ARÜ  
Number: 215

Course: 5.00 km  
Uferweglauf kurz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 33:01

Speed: 9.09 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 37 (of 43)  
Rank in course/Women: 13 (of 19)  
Best time in course: 22:01

Rank in category: 2(of 2)  
Best time in the category: 29:56

#### 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        | 16:17         | 6:30            | 2           | 1:19           | 12           | 5:28            | 2.50          | 16:17         | 6:30            | 2           | 1:19           | 12           | 5:28            |
| Last lap Ziel Hen | 2.50        | 16:44         | 6:41            | 2           | 1:46           | 13           | 5:32            | 5.00          | 33:01         | 6:36            | 2           | 3:05           | 13           | 11:00           |