



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 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	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