



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Miller, Ina

Club: TEAM ARÜ

Number: 219

Course: 5.00 km

Uferweglauf kurz

Category:

Frauen (20-29 Jahre)

Total time: 34:25

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 40 (of 43)

Rank in course/Women: 16 (of 19)

Best time in course: 22:01

Rank in category: 3(of 3)

Best time in the category: 27:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	16:58	6:47	3	3:16	16	6:09	2.50	16:58	6:47	3	3:16	16	6:09
Last lap Ziel Hen	2.50	17:27	6:58	3	3:24	15	6:15	5.00	34:25	6:52	3	6:40	16	12:24