



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Krause, Martina

Club: Team Erdinger
Number: 187

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:44:13

Speed: 10.08 km/h
Running performance: 5:58 min/km

Rank in course/Total: 106 (of 123)

Rank in course/Women: 21 (of 25)

Best time in course: 1:19:22

Rank in category: 4(of 5)

Best time in the category: 1:19:22

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	5.00	33:53	6:46	3	9:07	19	9:07	5.00	33:53	6:46	3	9:07	19	9:07
Lap 2	3.00	18:23	6:07	3	4:26	19	4:26	8.00	52:16	6:31	3	13:33	19	13:33
Last lap Ziel Hen	9.50	51:57	5:28	2	11:18	18	12:27	17.50	1:44:13	5:57	4	24:51	21	24:51