



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

#### Detailed evaluation

**Hirsch, Rosa**

Club: team-4haus  
Number: 212

Course: 5.00 km  
Uferweglauf kurz

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 30:02

Speed: 9.99 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 28 (of 43)  
Rank in course/Women: 8 (of 19)  
Best time in course: 22:01

Rank in category: 1(of 1)  
Best time in the category: 30:02

#### 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	15:02	6:00	1	-	10	4:13	2.50	15:02	6:00	1	-	10	4:13
Last lap Ziel Hen	2.50	15:00	6:00	1	-	8	3:48	5.00	30:02	6:00	1	-	8	8:01