



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

#### Detailed evaluation

Hoffmann, Gudrun

Club: team-4haus  
Number: 213

Course: 5.00 km  
Uferweglauf kurz

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 33:34

Speed: 8.94 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 39 (of 43)  
Rank in course/Women: 15 (of 19)  
Best time in course: 22:01

Rank in category: 1(of 2)  
Best time in the category: 33:34

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	16:43	6:41	1	-	14	5:54	2.50	16:43	6:41	1	-	14	5:54
Last lap Ziel Hen	2.50	16:51	6:44	1	-	14	5:39	5.00	33:34	6:42	1	-	15	11:33