



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Luther, Anke**

Club: Tri Sport Menden  
Number: 93

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:38:28

Speed: 10.36 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 96 (of 123)

Rank in course/Women: 17 (of 25)

Best time in course: 1:19:22

Rank in category: 2(of 3)

Best time in the category: 1:38:27

#### 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	31:43	6:20	1	-	13	6:57	5.00	31:43	6:20	1	-	13	6:57
Lap 2	3.00	17:24	5:47	1	-	14	3:27	8.00	49:07	6:08	1	-	14	10:24
Last lap Ziel Hen	9.50	49:21	5:11	2	0:48	12	9:51	17.50	1:38:28	5:37	2	0:01	17	19:06