



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Zimmermann, Franka**

Club: Tri Sport Menden  
Number: 132

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:24:34

Speed: 12.06 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 41 (of 123)

Rank in course/Women: 4 (of 25)

Best time in course: 1:19:22

Rank in category: 3(of 5)

Best time in the category: 1:19:34

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1             | 5.00        | 26:51         | 5:22            | 3           | 1:18           | 5            | 2:05            | 5.00          | 26:51         | 5:22            | 3           | 1:18           | 5            | 2:05            |
| Lap 2             | 3.00        | 14:38         | 4:52            | 3           | 0:19           | 4            | 0:41            | 8.00          | 41:29         | 5:11            | 3           | 1:29           | 5            | 2:46            |
| Last lap Ziel Hen | 9.50        | 43:05         | 4:32            | 3           | 3:35           | 4            | 3:35            | 17.50         | 1:24:34       | 4:49            | 3           | 5:00           | 4            | 5:12            |