



### 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 km	Split Time	Split min/km	Stage score				Total ranking						
				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	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