



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Nolte, Petra

Club: Trifun Hennesee
Number: 232

Course: 5.00 km
Uferweglauf kurz

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 31:53

Speed: 9.41 km/h
Running performance: 6:23 min/km

Rank in course/Total: 32 (of 43)
Rank in course/Women: 10 (of 19)
Best time in course: 22:01

Rank in category: 2(of 3)
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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.50	15:36	6:14	2	0:38	11	4:47	2.50	15:36	6:14	2	0:38	11	4:47
Last lap Ziel Hen	2.50	16:17	6:30	2	1:13	11	5:05	5.00	31:53	6:22	2	1:51	10	9:52