



### 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	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	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