



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Petri, Sonja**

Club: Tritus SV Neptun Neheim-Hüsten  
Number: 100

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:38:27

Speed: 10.67 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 95 (of 123)  
Rank in course/Women: 16 (of 25)  
Best time in course: 1:19:22

Rank in category: 1(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	32:15	6:27	2	0:32	15	7:29	5.00	32:15	6:27	2	0:32	15	7:29
Lap 2	3.00	17:39	5:52	2	0:15	16	3:42	8.00	49:54	6:14	2	0:47	16	11:11
Last lap Ziel Hen	9.50	48:33	5:06	1	-	8	9:03	17.50	1:38:27	5:37	1	-	16	19:05