



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Kuelkens, Stephanie**

Club: TSV Weeze  
Number: 157

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:37:33

Speed: 10.46 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 84 (of 123)  
Rank in course/Women: 10 (of 25)  
Best time in course: 1:19:22

Rank in category: 2(of 2)  
Best time in the category: 1:35:33

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	31:02	6:12	1	-	12	6:16	5.00	31:02	6:12	1	-	12	6:16
Lap 2	3.00	16:50	5:36	1	-	9	2:53	8.00	47:52	5:59	1	-	11	9:09
Last lap Ziel Hen	9.50	49:41	5:13	2	3:08	13	10:11	17.50	1:37:33	5:34	2	2:00	10	18:11