



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Grewe, Simone**

Club: TUS Wallenstein  
Number: 251

Course: 5.00 km  
Uferweglauf kurz

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 37:05

Speed: 8.09 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 42 (of 43)  
Rank in course/Women: 18 (of 19)  
Best time in course: 22:01

Rank in category: 3(of 3)  
Best time in the category: 27:40

#### 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	17:55	7:10	3	3:37	18	7:06	2.50	17:55	7:10	3	3:37	18	7:06
Last lap Ziel Hen	2.50	19:10	7:40	3	5:48	18	7:58	5.00	37:05	7:25	3	9:25	18	15:04