



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schroller, Christiane

Club: TV Arnsberg
Number: 110

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:21:19

Speed: 12.54 km/h
Running performance: 4:39 min/km

Rank in course/Total: 30 (of 123)

Rank in course/Women: 3 (of 25)

Best time in course: 1:19:22

Rank in category: 2(of 5)

Best time in the category: 1:19:34

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	5.00	25:33	5:06	1	-	2	0:47	5.00	25:33	5:06	1	-	2	0:47
Lap 2	3.00	14:27	4:48	2	0:08	3	0:30	8.00	40:00	5:00	1	-	2	1:17
Last lap Ziel Hen	9.50	41:19	4:20	2	1:49	3	1:49	17.50	1:21:19	4:38	2	1:45	3	1:57