



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Quitschorek, Stefanie

Club: TV Calle
Number: 609

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 49:14

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 32 (of 64)
Rank in course/Women: 7 (of 20)
Best time in course: 40:46

Rank in category: 1(of 3)
Best time in the category: 49:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	5.00	24:01	4:48	1	-	6	3:55	5.00	24:01	4:48	1	-	6	3:55				
Last lap Ziel Hen	5.00	25:13	5:02	1	-	7	4:33	10.00	49:14	4:55	1	-	7	8:28				