



3. Hennesee Panoramalauf  
Meschede - Hennesee / 19.04.2015

Detailed evaluation

**Köster, Paula**

Club: Grundschule Dinschede  
Number: 451

Course: 1.00 km  
Kinder- und Jugendlauf

Category:  
weibliche Kinder U12 (10-11 Jahre)

Total time: 3:58

Speed: 15.13 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 90 (of 165)  
Rank in course/Women: 39 (of 77)  
Best time in course: 2:58

Rank in category: 14(of 26)  
Best time in the category: 2:58