



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Pipke, Stephanie**

Club: Marathon Soest  
Number: 141

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:22

Speed: 12.85 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 20 (of 123)

Rank in course/Women: 1 (of 25)

Best time in course: 1:19:22

Rank in category: 1(of 5)

Best time in the category: 1:19:22

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	24:46	4:57	1	-	1	-	5.00	24:46	4:57	1	-	1	-
Lap 2	3.00	13:57	4:38	1	-	1	-	8.00	38:43	4:50	1	-	1	-
Last lap Ziel Hen	9.50	40:39	4:16	1	-	2	1:09	17.50	1:19:22	4:32	1	-	1	-