



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Fraenkel, Ursula

Total time: 1:38:11

Number: 142

Speed: 10.39 km/h

Running performance: 5:37 min/km

Course: 17.50 km

Rank in course/Total: 91 (of 123)

Panorama Lauf

Rank in course/Women: 14 (of 25)

Best time in course: 1:19:22

Category:

Rank in category: 1(of 1)

Seniorinnen W55 (55-59 Jahre)

Best time in the category: 1:38:11

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	5.00	30:18	6:03	1	-	8	5:32	5.00	30:18	6:03	1	-	8	5:32
Lap 2	3.00	17:16	5:45	1	-	12	3:19	8.00	47:34	5:56	1	-	9	8:51
Last lap Ziel Hen	9.50	50:37	5:19	1	-	16	11:07	17.50	1:38:11	5:36	1	-	14	18:49