



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Studt, Christa

Number: 558

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 59:55

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 53 (of 64)
Rank in course/Women: 12 (of 20)

Best time in course: 40:46
Rank in category: 2(of 3)
Best time in the category: 53:53

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	29:49	5:57	2	2:48	12	9:43	5.00	29:49	5:57	2	2:48	12	9:43
Last lap Ziel Hen	5.00	30:06	6:01	2	3:14	12	9:26	10.00	59:55	5:59	2	6:02	12	19:09