



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Hakenes, Johanna

Number: 164

Course: 17.50 km  
Panorama Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:43:11

Speed: 9.89 km/h

Running performance: 5:54 min/km

Rank in course/Total: 101 (of 123)

Rank in course/Women: 20 (of 25)

Best time in course: 1:19:22

Rank in category: 3(of 4)

Best time in the category: 1:25:08

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	32:38	6:31	3	6:11	18	7:52	5.00	32:38	6:31	3	6:11	18	7:52
Lap 2	3.00	18:29	6:09	3	3:28	20	4:32	8.00	51:07	6:23	3	9:39	18	12:24
Last lap Ziel Hen	9.50	52:04	5:28	3	8:24	19	12:34	17.50	1:43:11	5:53	3	18:03	20	23:49