



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Brockmann, Janina

Number: 163

Course: 17.50 km

Panorama Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:37:42

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 87 (of 123)

Rank in course/Women: 12 (of 25)

Best time in course: 1:19:22

Rank in category: 2(of 4)

Best time in the category: 1:25:08

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	30:37	6:07	2	4:10	9	5:51	5.00	30:37	6:07	2	4:10	9	5:51
Lap 2	3.00	16:47	5:35	2	1:46	8	2:50	8.00	47:24	5:55	2	5:56	8	8:41
Last lap Ziel Hen	9.50	50:18	5:17	2	6:38	14	10:48	17.50	1:37:42	5:34	2	12:34	12	18:20