



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Lauber, Sophie

Number: 255

Course: 5.00 km
Uferweglauf kurz

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 24:02

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 13 (of 43)

Rank in course/Women: 4 (of 19)

Best time in course: 22:01

Rank in category: 2(of 2)

Best time in the category: 23:00

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 | 2.50 | 11:54 | 4:45 | 2 | 0:48 | 4 | 1:05 | 2.50 | 11:54 | 4:45 | 2 | 0:48 | 4 | 1:05 |
| Last lap Ziel Hen | 2.50 | 12:08 | 4:51 | 2 | 0:14 | 4 | 0:56 | 5.00 | 24:02 | 4:48 | 2 | 1:02 | 4 | 2:01 |