



### 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |