



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Reisloh, Verena

Number: 169

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:35:33

Speed: 10.68 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 79 (of 123)

Rank in course/Women: 8 (of 25)

Best time in course: 1:19:22

Rank in category: 1(of 2)

Best time in the category: 1:35:33

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	31:43	6:20	2	0:41	13	6:57	5.00	31:43	6:20	2	0:41	13	6:57
Lap 2	3.00	17:17	5:45	2	0:27	13	3:20	8.00	49:00	6:07	2	1:08	13	10:17
Last lap Ziel Hen	9.50	46:33	4:53	1	-	7	7:03	17.50	1:35:33	5:27	1	-	8	16:11