



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Sprenger-Becker, Juliane

Club: TUS Alemannia Rösenbeck
Number: 530

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:46

Speed: 9.87 km/h
Running performance: 6:05 min/km

Rank in course/Total: 56 (of 64)
Rank in course/Women: 14 (of 20)

Best time in course: 40:46

Rank in category: 4 (of 5)
Best time in the category: 40:46

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	29:52	5:58	4	9:46	13	9:46	5.00	29:52	5:58	4	9:46	13	9:46
Last lap Ziel Hen	5.00	30:54	6:10	4	10:14	13	10:14	10.00	1:00:46	6:04	4	20:00	14	20:00