



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wahl, Patricia

Club: Tritus SV Neptun Neheim-Hüsten
Number: 534

Course: 10.00 km
Uferweglauf lang

Category:
Frauen (20-29 Jahre)

Total time: 47:09

Speed: 12.73 km/h
Running performance: 4:43 min/km

Rank in course/Total: 25 (of 64)
Rank in course/Women: 3 (of 20)
Best time in course: 40:46

Rank in category: 1(of 4)
Best time in the category: 47:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	5.00	23:25	4:41	1	-	3	3:19	5.00	23:25	4:41	1	-	3	3:19
Last lap Ziel Hen	5.00	23:44	4:44	1	-	5	3:04	10.00	47:09	4:42	1	-	3	6:23