



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Zucht, Christine

Club: Unna
Number: 186

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:38:03

Speed: 10.40 km/h
Running performance: 5:36 min/km

Rank in course/Total: 90 (of 123)

Rank in course/Women: 13 (of 25)

Best time in course: 1:19:22

Rank in category: 5(of 5)

Best time in the category: 1:19:34

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	30:40	6:08	5	5:07	10	5:54	5.00	30:40	6:08	5	5:07	10	5:54
Lap 2	3.00	16:58	5:39	5	2:39	11	3:01	8.00	47:38	5:57	5	7:38	10	8:55
Last lap Ziel Hen	9.50	50:25	5:18	5	10:55	15	10:55	17.50	1:38:03	5:36	5	18:29	13	18:41