



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schnier, Helga

Number: 221

Course: 5.00 km
Uferweglauf kurz

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 27:40

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 22 (of 43)
Rank in course/Women: 5 (of 19)
Best time in course: 22:01

Rank in category: 1(of 3)
Best time in the category: 27:40

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	2.50	14:18	5:43	1	-	6	3:29	2.50	14:18	5:43	1	-	6	3:29
Last lap Ziel Hen	2.50	13:22	5:20	1	-	5	2:10	5.00	27:40	5:31	1	-	5	5:39