



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Harke, Eva

Number: 209

Course: 5.00 km
Uferweglauf kurz

Category:
Frauen (20-29 Jahre)

Total time: 32:55

Speed: 9.11 km/h

Running performance: 6:35 min/km

Rank in course/Total: 34 (of 43)

Rank in course/Women: 12 (of 19)

Best time in course: 22:01

Rank in category: 2(of 3)

Best time in the category: 27:45

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 | 2.50 | 16:50 | 6:43 | 2 | 3:08 | 15 | 6:01 | 2.50 | 16:50 | 6:43 | 2 | 3:08 | 15 | 6:01 |
| Last lap Ziel Hen | 2.50 | 16:05 | 6:25 | 2 | 2:02 | 10 | 4:53 | 5.00 | 32:55 | 6:34 | 2 | 5:10 | 12 | 10:54 |