



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Zeppenfeld, Verena

Club: Intersprinter
Number: 172

Course: 17.50 km
Panorama Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:52:49

Speed: 9.04 km/h
Running performance: 6:27 min/km

Rank in course/Total: 115 (of 123)

Rank in course/Women: 23 (of 25)

Best time in course: 1:19:22

Rank in category: 4(of 4)

Best time in the category: 1:25:08

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	34:09	6:49	4	7:42	20	9:23	5.00	34:09	6:49	4	7:42	20	9:23
Lap 2	3.00	18:50	6:16	4	3:49	21	4:53	8.00	52:59	6:37	4	11:31	21	14:16
Last lap Ziel Hen	9.50	59:50	6:17	4	16:10	23	20:20	17.50	1:52:49	6:26	4	27:41	23	33:27