



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Laanbroek, Joke

Club: KAV Holland
Number: 87

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:36:35

Speed: 10.56 km/h
Running performance: 5:31 min/km

Rank in course/Total: 82 (of 123)

Rank in course/Women: 9 (of 25)

Best time in course: 1:19:22

Rank in category: 3(of 5)

Best time in the category: 1:19:22

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	28:10	5:38	2	3:24	7	3:24	5.00	28:10	5:38	2	3:24	7	3:24
Lap 2	3.00	15:56	5:18	2	1:59	6	1:59	8.00	44:06	5:30	2	5:23	7	5:23
Last lap Ziel Hen	9.50	52:29	5:31	3	11:50	20	12:59	17.50	1:36:35	5:31	3	17:13	9	17:13