



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schulz, Monika

Club: LAC Veltins
Number: 562

Course: 10.00 km
Uferweglauf lang

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 53:53

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 41 (of 64)

Rank in course/Women: 10 (of 20)

Best time in course: 40:46

Rank in category: 1(of 3)

Best time in the category: 53:53

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	27:01	5:24	1	-	10	6:55	5.00	27:01	5:24	1	-	10	6:55
Last lap Ziel Hen	5.00	26:52	5:22	1	-	9	6:12	10.00	53:53	5:23	1	-	10	13:07