



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Metternich, Melanie

Club: Palma Runners
Number: 544

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:29:05

Speed: 11.45 km/h
Running performance: 5:05 min/km

Rank in course/Total: 34 (of 82)
Rank in course/Women: 2 (of 16)
Best time in course: 1:28:30

Rank in category: 1(of 2)
Best time in the category: 1:29:05

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
5,2 km	5.20	29:45	5:43	1	-	1	-	5.20	29:45	5:43	1	-	2	
10,0 km	4.80	24:10	5:02	1	-	2	0:31	10.00	53:55	5:23	1	-	2	0:12
Finish	7.50	35:10	4:41	1	-	2	0:23	17.50	1:29:05	5:05	1	-	2	0:35