



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Roik, Christiane

Club: Triathlon TEAM TG Witten
Number: 562

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:31:03

Speed: 11.20 km/h
Running performance: 5:12 min/km

Rank in course/Total: 46 (of 82)
Rank in course/Women: 3 (of 16)
Best time in course: 1:28:30

Rank in category: 1(of 5)
Best time in the category: 1:31:03

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
5,2 km	5.20	30:09	5:47	1	-	3	0:24	5.20	30:09	5:47	1	-	3	0:05
10,0 km	4.80	24:37	5:07	1	-	3	0:58	10.00	54:46	5:28	1	-	3	1:03
Finish	7.50	36:17	4:50	1	-	3	1:30	17.50	1:31:03	5:12	1	-	3	2:33