



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Poggel, Liane

Club: Eslohe
Number: 502

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:37:18

Speed: 10.48 km/h
Running performance: 5:34 min/km

Rank in course/Total: 56 (of 82)
Rank in course/Women: 4 (of 16)
Best time in course: 1:28:30

Rank in category: 1(of 7)
Best time in the category: 1:37:18

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	31:31	6:03	1	-	4	1:46	5.20	31:31	6:03	1	-	4	1:27
10,0 km	4.80	26:23	5:29	1	-	4	2:44	10.00	57:54	5:47	1	-	4	4:11
Finish	7.50	39:24	5:15	3	0:57	6	4:37	17.50	1:37:18	5:33	1	-	4	8:48