



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Schäfer, Ulrike

Club: TC Kray 1892  
Number: 550

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:39:34

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 61 (of 82)  
Rank in course/Women: 5 (of 16)  
Best time in course: 1:28:30

Rank in category: 2 (of 7)  
Best time in the category: 1:37:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	32:45	6:17	2	1:14	5	3:00	5.20	32:45	6:17	2	1:14	5	2:41
10,0 km	4.80	26:58	5:37	3	0:35	6	3:19	10.00	59:43	5:58	2	1:49	5	6:00
Finish	7.50	39:51	5:18	4	1:24	8	5:04	17.50	1:39:34	5:41	2	2:16	5	11:04