



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Ellermann, Ute

Club: Lt Bittermark Dortmund
Number: 563

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:40:09

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 64 (of 82)
Rank in course/Women: 7 (of 16)
Best time in course: 1:28:30

Rank in category: 4(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 | 33:26 | 6:25 | 4 | 1:55 | 8 | 3:41 | 5.20 | 33:26 | 6:25 | 4 | 1:55 | 7 | 3:22 |
| 10,0 km | 4.80 | 27:38 | 5:45 | 5 | 1:15 | 9 | 3:59 | 10.00 | 1:01:04 | 6:06 | 4 | 3:10 | 7 | 7:21 |
| Finish | 7.50 | 39:05 | 5:12 | 2 | 0:38 | 5 | 4:18 | 17.50 | 1:40:09 | 5:43 | 4 | 2:51 | 7 | 11:39 |