



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: 10.18 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	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