



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Schorlau, Andrea

Club: Marathon Soest
Number: 517

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:40:46

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 65 (of 82)
Rank in course/Women: 8 (of 16)
Best time in course: 1:28:30

Rank in category: 2 (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	32:58	6:20	2	2:49	6	3:13	5.20	32:58	6:20	2	2:49	8	2:54
10,0 km	4.80	28:17	5:53	2	3:40	10	4:38	10.00	1:01:15	6:07	2	6:29	8	7:32
Finish	7.50	39:31	5:16	2	3:14	7	4:44	17.50	1:40:46	5:45	2	9:43	8	12:16