



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Unkel, Wibke

Club: Arnsberg  
Number: 515

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:41:04

Speed: 10.39 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 66 (of 82)  
Rank in course/Women: 9 (of 16)  
Best time in course: 1:28:30

Rank in category: 2 (of 2)  
Best time in the category: 1:29:05

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	33:36	6:27	2	3:51	10	3:51	5.20	33:36	6:27	2	3:51	9	3:32
10,0 km	4.80	26:58	5:37	2	2:48	6	3:19	10.00	1:00:34	6:03	2	6:39	9	6:51
Finish	7.50	40:30	5:24	2	5:20	9	5:43	17.50	1:41:04	5:46	2	11:59	9	12:34