



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Vallée, Gabriele

Club: Möhnesee

Number: 532

Course: 17.50 km

Panorama Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:41:48

Speed: 10.02 km/h

Running performance: 5:49 min/km

Rank in course/Total: 69 (of 82)

Rank in course/Women: 10 (of 16)

Best time in course: 1:28:30

Rank in category: 5(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	33:29	6:26	5	1:58	9	3:44	5.20	33:29	6:26	5	1:58	10	3:25
10,0 km	4.80	27:33	5:44	4	1:10	8	3:54	10.00	1:01:02	6:06	5	3:08	10	7:19
Finish	7.50	40:46	5:26	5	2:19	10	5:59	17.50	1:41:48	5:49	5	4:30	10	13:18