



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Wildner, Sabine

Club: LG Wiedenbrueck
Number: 565

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:49:01

Speed: 9.36 km/h
Running performance: 6:14 min/km

Rank in course/Total: 75 (of 82)
Rank in course/Women: 13 (of 16)
Best time in course: 1:28:30

Rank in category: 4(of 5)
Best time in the category: 1:31:03

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	36:16	6:58	5	6:07	16	6:31	5.20	36:16	6:58	4	6:07	13	6:12
10,0 km	4.80	29:04	6:03	4	4:27	13	5:25	10.00	1:05:20	6:31	4	10:34	13	11:37
Finish	7.50	43:41	5:49	4	7:24	13	8:54	17.50	1:49:01	6:13	4	17:58	13	20:31