



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Brass, Ulrike

Club: Triathlon Team TG Witten
Number: 524

Course: 17.50 km
Panorama Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:49:31

Speed: 9.31 km/h
Running performance: 6:16 min/km

Rank in course/Total: 76 (of 82)
Rank in course/Women: 14 (of 16)
Best time in course: 1:28:30

Rank in category: 7 (of 7)
Best time in the category: 1:37:18

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	35:29	6:49	7	3:58	12	5:44	5.20	35:29	6:49	7	3:58	14	5:25
10,0 km	4.80	29:53	6:13	7	3:30	15	6:14	10.00	1:05:22	6:32	7	7:28	14	11:39
Finish	7.50	44:09	5:53	7	5:42	14	9:22	17.50	1:49:31	6:15	7	12:13	14	21:01