



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Schmidt, Martina

Club: Triathlon TEAM TG Witten  
Number: 505

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:49:31

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

Rank in course/Total: 77 (of 82)  
Rank in course/Women: 14 (of 16)  
Best time in course: 1:28:30

Rank in category: 5 (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	35:30	6:49	3	5:21	13	5:45	5.20	35:30	6:49	5	5:21	15	5:26
10,0 km	4.80	29:52	6:13	5	5:15	14	6:13	10.00	1:05:22	6:32	5	10:36	14	11:39
Finish	7.50	44:09	5:53	5	7:52	14	9:22	17.50	1:49:31	6:15	5	18:28	14	21:01