



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Knoche, Verena

Club: Meschede
Number: 512

Course: 17.50 km
Panorama Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:52:19

Speed: 9.08 km/h
Running performance: 6:25 min/km

Rank in course/Total: 78 (of 82)
Rank in course/Women: 16 (of 16)
Best time in course: 1:28:30

Rank in category: 1(of 1)
Best time in the category: 1:52:19

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	35:57	6:54	1	-	15	6:12	5.20	35:57	6:54	1	-	16	5:53
10,0 km	4.80	30:04	6:15	1	-	16	6:25	10.00	1:06:01	6:36	1	-	16	12:18
Finish	7.50	46:18	6:10	1	-	16	11:31	17.50	1:52:19	6:25	1	-	16	23:49