



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Bienstein, Heike

Club: LG Olympia Dortmund  
Number: 590

Course: 10.00 km  
10.000 m Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 39:47

Speed: 15.08 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 2 (of 30)

Rank in course/Women: 1 (of 8)

Best time in course: 39:47

Rank in category: 1(of 1)

Best time in the category: 39:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	5.00	20:09	4:01	1	-	1	-	5.00	20:09	4:01	1	-	1	-
Finish	5.00	19:38	3:55	1	-	1	-	10.00	39:47	3:58	1	-	1	-