



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Frauenheim, Nicole

Club: Marathon Soest
Number: 664

Course: 10.00 km
10.000 m Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 48:03

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 6 (of 30)
Rank in course/Women: 2 (of 8)
Best time in course: 39:47

Rank in category: 1(of 1)
Best time in the category: 48:03

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
Wendestelle	5.00	23:51	4:46	1	-	2	3:42	5.00	23:51	4:46	1	-	2	3:42
Finish	5.00	24:12	4:50	1	-	2	4:34	10.00	48:03	4:48	1	-	2	8:16