



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Müller-Köhnke, Nicole

Club: LC Attendorn  
Number: 671

Course: 10.00 km  
10.000 m Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 50:58

Speed: 11.77 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 17 (of 30)

Rank in course/Women: 4 (of 8)

Best time in course: 39:47

Rank in category: 2(of 2)

Best time in the category: 50:08

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	25:42	5:08	2	0:20	4	5:33	5.00	25:42	5:08	2	0:20	4	5:33
Finish	5.00	25:16	5:03	2	0:30	4	5:38	10.00	50:58	5:05	2	0:50	4	11:11