



Henneseer Panorama Lauf  
 Meschede - Henneseer / 15.04.2012

Detailed evaluation

Dahlmann, Cornelia

Club: TuS Uentrop  
 Number: 654

Course: 10.00 km  
 10.000 m Lauf

Category:  
 Seniorinnen W50 (50-54 Jahre)

Total time: 54:36

Speed: 10.99 km/h  
 Running performance: 5:28 min/km

Rank in course/Total: 23 (of 30)

Rank in course/Women: 5 (of 8)

Best time in course: 39:47

Rank in category: 1 (of 2)

Best time in the category: 54:36

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	26:50	5:21	1	-	5	6:41	5.00	26:50	5:21	1	-	5	6:41
Finish	5.00	27:46	5:33	1	-	5	8:08	10.00	54:36	5:27	1	-	5	14:49