



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Hilje, Martina

Club: TuS Uentrop
Number: 670

Course: 10.00 km
10.000 m Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:59

Speed: 10.53 km/h
Running performance: 5:42 min/km

Rank in course/Total: 28 (of 30)

Rank in course/Women: 6 (of 8)

Best time in course: 39:47

Rank in category: 1(of 1)

Best time in the category: 56:59

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	28:19	5:39	1	-	6	8:10	5.00	28:19	5:39	1	-	6	8:10
Finish	5.00	28:40	5:44	1	-	7	9:02	10.00	56:59	5:41	1	-	6	17:12