



Hennesee Panorama Lauf
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Miertzschke, Mandy

Club: Dortmund
 Number: 656

Course: 10.00 km
 10.000 m Lauf

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 57:02
 Speed: 10.52 km/h
 Running performance: 5:42 min/km
 Rank in course/Total: 29 (of 30)
 Rank in course/Women: 7 (of 8)
 Best time in course: 39:47
 Rank in category: 1(of 1)
 Best time in the category: 57:02

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	28:23	5:40	1	-	7	8:14	5.00	28:23	5:40	1	-	7	8:14
Finish	5.00	28:39	5:43	1	-	6	9:01	10.00	57:02	5:42	1	-	7	17:15