



Henneseer Panorama Lauf  
 Meschede - Henneseer / 15.04.2012

Detailed evaluation

Goncalves, Silvia

Club: Meschede  
 Number: 855

Course: 5.00 km  
 Jogginglauf

Category:  
 Seniorinnen W35 (35-39 Jahre)

Total time: 26:24  
 Speed: 11.36 km/h  
 Running performance: 5:17 min/km  
 Rank in course/Total: 7 (of 22)  
 Rank in course/Women: 3 (of 14)  
 Best time in course: 23:30  
 Rank in category: 1(of 1)  
 Best time in the category: 26:24

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	2.50	13:13	5:17	1	-	2	1:31	2.50	13:13	5:17	1	-	3	1:31
Finish	2.50	13:11	5:16	1	-	3	1:23	5.00	26:24	5:16	1	-	3	2:54