



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Kiessling, Ricki

Club: Arnsberg  
Number: 587

Course: 5.00 km  
Jogginglauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 27:35

Speed: 10.88 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 10 (of 22)  
Rank in course/Women: 6 (of 14)  
Best time in course: 23:30

Rank in category: 1(of 3)  
Best time in the category: 27:35

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	2.50	fehlt!	-	-	-	-	-	2.50	-	-	-	-	-	-
Finish	2.50	27:35	11:01	3	11:34	14	15:47	5.00	27:35	5:30	1	-	6	4:05