



Hennesee Panorama Lauf
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Nolte, Katharina

Club: Eslohe
 Number: 651

Course: 5.00 km
 Jogginglauf

Category:
 Frauen (20-29 Jahre)

Total time: 27:49

Speed: 10.78 km/h
 Running performance: 5:34 min/km

Rank in course/Total: 11 (of 22)

Rank in course/Women: 7 (of 14)

Best time in course: 23:30

Rank in category: 2(of 3)

Best time in the category: 25:49

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 | 13:58 | 5:35 | 2 | 0:09 | 5 | 2:16 | 2.50 | 13:58 | 5:35 | 2 | 0:09 | 5 | 2:16 |
| Finish | 2.50 | 13:51 | 5:32 | 2 | 1:51 | 5 | 2:03 | 5.00 | 27:49 | 5:33 | 2 | 2:00 | 7 | 4:19 |