



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Höppner, Karin

Club: Iserlohn
Number: 851

Course: 5.00 km
Jogginglauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:14

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 16 (of 22)
Rank in course/Women: 10 (of 14)
Best time in course: 23:30

Rank in category: 1(of 2)
Best time in the category: 29:14

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	14:29	5:47	2	0:02	10	2:47	2.50	14:29	5:47	1	-	8	2:47
Finish	2.50	14:45	5:54	1	-	7	2:57	5.00	29:14	5:50	1	-	10	5:44