



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Echtermann, Heidi

Club: Iserlohn
Number: 852

Course: 5.00 km
Jogginglauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 43:34

Speed: 6.89 km/h
Running performance: 8:43 min/km

Rank in course/Total: 22 (of 22)
Rank in course/Women: 14 (of 14)

Best time in course: 23:30
Rank in category: 3(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	2.50	21:32	8:36	2	7:04	12	9:50	2.50	21:32	8:36	2	7:04	12	9:50
Finish	2.50	22:02	8:48	2	6:01	12	10:14	5.00	43:34	8:42	3	15:59	14	20:04