



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

**Nolte, Petra**

Club: TuS Uentrop  
Number: 509

Course: 17.50 km  
Panorama Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:28:30

Speed: 11.53 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 31 (of 82)  
Rank in course/Women: 1 (of 16)  
Best time in course: 1:28:30

Rank in category: 1(of 1)  
Best time in the category: 1:28:30

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
5,2 km	5.20	30:04	5:46	1	-	2	0:19	5.20	30:04	5:46	1	-	1	-
10,0 km	4.80	23:39	4:55	1	-	1	-	10.00	53:43	5:22	1	-	1	-
Finish	7.50	34:47	4:38	1	-	1	-	17.50	1:28:30	5:03	1	-	1	-