



Hennesee Panorama Lauf  
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Holtsträter, Dirk

Club: Tus Uentrop  
 Number: 661

Course: 10.00 km  
 10.000 m Lauf

Category:  
 Senioren M50 (50-54 Jahre)

Total time: 52:00

Speed: 11.54 km/h  
 Running performance: 5:12 min/km

Rank in course/Total: 20 (of 30)

Rank in course/Men: 16 (of 22)

Best time in course: 33:34

Rank in category: 2(of 2)

Best time in the category: 51:26

Intermediate times

Stage score

Total ranking

| Control     | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Wendestelle | 5.00        | 25:34         | 5:06            | 2           | 0:15           | 15          | 8:57          | 5.00          | 25:34         | 5:06            | 2           | 0:15           | 8          | 0:30          |
| Finish      | 5.00        | 26:26         | 5:17            | 2           | 0:19           | 16          | 9:29          | 10.00         | 52:00         | 5:12            | 2           | 0:34           | 16         | 18:26         |