



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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