



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Wortmann, Dirk

Club: LAC Veltins
Number: 577

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:17:38

Speed: 13.14 km/h
Running performance: 4:26 min/km

Rank in course/Total: 7 (of 82)

Rank in course/Men: 6 (of 66)

Best time in course: 1:05:47

Rank in category: 2(of 16)

Best time in the category: 1:14:32

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	
5,2 km	5.20	24:59	4:48	1	-	4	3:51	5.20	24:59	4:48	3			40	
10,0 km	4.80	21:06	4:23	3	1:11	9	3:22	10.00	46:05	4:36	3	1:00		40	
Finish	7.50	31:33	4:12	2	2:06	8	4:38	17.50	1:17:38	4:26	2	3:06		6	11:51