



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 |