



Hennesee Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Holtsträter, Ingo

Club: TuS Uentrop

Number: 529

Course: 17.50 km

Panorama Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:20:10

Speed: 12.72 km/h

Running performance: 4:35 min/km

Rank in course/Total: 11 (of 82)

Rank in course/Men: 11 (of 66)

Best time in course: 1:05:47

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	25:49	4:57	4	0:50	11	4:41	5.20	25:49	4:57	4	0:39	44	
10,0 km	4.80	21:34	4:29	4	1:39	11	3:50	10.00	47:23	4:44	4	2:18	44	
Finish	7.50	32:47	4:22	5	3:20	13	5:52	17.50	1:20:10	4:34	4	5:38	11	14:23