



Hennesee Panorama Lauf  
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Mense, Lars

Club: Soest  
 Number: 653

Course: 10.00 km  
 10.000 m Lauf

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 48:09

Speed: 12.46 km/h  
 Running performance: 4:49 min/km

Rank in course/Total: 7 (of 30)

Rank in course/Men: 5 (of 22)

Best time in course: 33:34

Rank in category: 1(of 2)

Best time in the category: 48:09

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	24:47	4:57	1	-	9	8:10	5.00	24:47	4:57	1	-	19	
Finish	5.00	23:22	4:40	1	-	4	6:25	10.00	48:09	4:48	1	-	5	14:35