



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Armbrust, Lennart**

Club: Essen  
Number: 54

Course: 17.50 km  
Panorama Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:25:03

Speed: 11.99 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 44 (of 123)

Rank in course/Men: 40 (of 98)

Best time in course: 1:04:30

Rank in category: 6(of 9)

Best time in the category: 1:15:21

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
Lap 1	5.00	26:21	5:16	6	2:11	36	6:37	5.00	26:21	5:16	6	2:11	36	6:37
Lap 2	3.00	14:51	4:57	6	1:40	41	3:41	8.00	41:12	5:09	5	3:50	36	10:18
Last lap Ziel Hen	9.50	43:51	4:36	6	5:52	44	10:15	17.50	1:25:03	4:51	6	9:42	40	20:33