



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Lenze, David**

Club: TUS Heinrichsthal Wehrstapel  
Number: 88

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:18:52

Speed: 12.93 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 15 (of 123)

Rank in course/Men: 15 (of 98)

Best time in course: 1:04:30

Rank in category: 2(of 6)

Best time in the category: 1:17:07

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	24:18	4:51	2	0:05	14	4:34	5.00	24:18	4:51	2	0:05	14	4:34
Lap 2	3.00	13:45	4:34	2	0:48	16	2:35	8.00	38:03	4:45	2	0:53	13	7:09
Last lap Ziel Hen	9.50	40:49	4:17	2	0:52	20	7:13	17.50	1:18:52	4:30	2	1:45	15	14:22