



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Hempel, Ingolf

Club: TTC Eschenbergen  
Number: 355

Course: 14.00 km  
Nordic Walking

Category:  
Nordic Walking männlich

Total time: 1:58:28

Speed: 7.09 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 1 (of 13)

Rank in course/Men: 1 (of 3)

Best time in course: 1:58:28

Rank in category: 1(of 3)

Best time in the category: 1:58:28

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
Posten	8.30	1:08:09	8:12	1	-	1	-	8.30	1:08:09	8:12	1	-	1	-
Finish	5.70	50:19	8:49	2	0:18	2	0:18	14.00	1:58:28	8:27	1	-	1	-