



10. Kirschlauf  
Kleinfahner / 13.06.2010

Detailed evaluation

Heinz, Ramona

Club: Fahner Obst  
Number: 352

Course: 14.00 km  
Nordic Walking

Category:  
Nordic Walking weiblich

Total time: 2:22:40

Speed: 5.89 km/h  
Running performance: 10:11 min/km

Rank in course/Total: 11 (of 13)  
Rank in course/Women: 9 (of 10)  
Best time in course: 2:00:03

Rank in category: 9(of 10)  
Best time in the category: 2:00:03

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|---------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|         |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Posten  | 8.30        | 1:22:57       | 9:59            | 8           | 13:31          | 8            | 13:31           | 8.30          | 1:22:57       | 9:59            | 9           | 13:31          | 9            | 13:31           |
| Finish  | 5.70        | 59:43         | 10:28           | 9           | 10:45          | 9            | 10:45           | 14.00         | 2:22:40       | 10:11           | 9           | 22:37          | 9            | 22:37           |