



10. Kirschlauf
Kleinfahner / 13.06.2010

Detailed evaluation

Appelt, Astrid

Club: Erfurt
Number: 345

Course: 14.00 km
Nordic Walking

Category:
Nordic Walking weiblich

Total time: 2:28:42

Speed: 5.65 km/h
Running performance: 10:37 min/km

Rank in course/Total: 12 (of 13)
Rank in course/Women: 10 (of 10)
Best time in course: 2:00:03

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

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Posten	8.30	1:23:08	10:00	9	13:42	9	13:42	8.30	1:23:08	10:00	10	13:42	10	13:42
Finish	5.70	1:05:34	11:30	10	16:36	10	16:36	14.00	2:28:42	10:37	10	28:39	10	28:39