



10. Kirschlauf  
Kleinfahner / 13.06.2010

Detailed evaluation

Appelt, Thomas

Club: Erfurt  
Number: 344

Course: 14.00 km  
Nordic Walking

Category:  
Nordic Walking männlich

Total time: 2:28:42

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

Rank in course/Total: 13 (of 13)

Rank in course/Men: 3 (of 3)

Best time in course: 1:58:28

Rank in category: 3(of 3)

Best time in the category: 1:58:28

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Posten	8.30	1:23:06	10:00	3	14:57	3	14:57	8.30	1:23:06	10:00	3	14:57	3	14:57
Finish	5.70	1:05:36	11:30	3	15:35	3	15:35	14.00	2:28:42	10:37	3	30:14	3	30:14