



5. Nordic-Walking-Tag Bad Dürrenberg

Bad Dürrenberg / 28.08.2010

Detailed evaluation

Spiske, Jens

Club: Bundeswehr

Number: 14

Course: 12.00 km

12 km-Strecke

Category:

Männer

Total time: 1:34:29

Speed: 7.62 km/h

Running performance: 7:52 min/km

Rank in course/Total: 4 (of 10)

Rank in course/Men: 2 (of 5)

Best time in course: 1:34:03

Rank in category: 2(of 5)

Best time in the category: 1:34:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Kleinkorbetha	6.00	52:05	8:40	2	0:47	2	0:47	6.00	52:05	8:40	2			2	
Bootshaus	6.00	42:24	7:03	1	-	1	-	12.00	1:34:29	7:52	2	0:26		2	0:26