



# 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	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
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