



10. Asklepios TriTrek
Bad Salzungen / 11.08.2013

Detailed evaluation

Aleas Kister, Elke / Sebastian

Club: Aleas Kister
Number: 10

Course: 27.00 km
10. Asklepios TriTrek

Category:
Mix Nordic Walking

Total time: 1:47:22

Speed: 15.09 km/h
Running performance: 3:59 min/km

Rank in course/Total: 58 (of 67)

Rank in course/Total: 21 (of 25)

Best time in course: 1:11:55

Rank in category: 10(of 13)

Best time in the category: 1:33:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ziel Kanu	1.00	10:21	10:20	9	1:15	19	1:27	1.00	10:21	10:20	14	-	26	-
Start Rad	0.10	fehlt!	-	-	-	-	-	1.10	-	-	-	-	-	-
Ziel Rad	20.00	45:11	2:15	9	6:06	16	11:48	21.10	55:32	2:37	14	-	26	-
Start Lauf	0.10	fehlt!	-	-	-	-	-	21.20	-	-	-	-	-	-
Lauf	5.80	51:50	8:56	10	9:00	21	27:12	27.00	1:47:22	3:58	10	13:44	22	35:27