



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Gamon, Birgit

Club: NW Werl
Number: 5

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Frauen

Total time: 2:27:03

Speed: 6.94 km/h
Running performance: 8:24 min/km

Rank in course/Total: 13 (of 29)
Rank in course/Women: 5 (of 12)
Best time in course: 1:56:28

Rank in category: 5(of 12)
Best time in the category: 1:56:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	5.00	41:22	8:16	4	7:27	4	7:27	5.00	41:22	8:16	4	7:27	4	7:27
Lap 2	3.00	26:01	8:40	5	5:49	5	5:49	8.00	1:07:23	8:25	4	13:16	4	13:16
Last lap Ziel Hen	9.50	1:19:40	8:23	6	17:19	6	17:19	17.50	2:27:03	8:24	5	30:35	5	30:35