



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Gramsch, Volker**

Club: SC Meschede  
Number: 21

Course: 17.50 km  
Panorama-Walking / Nordic Walking

Category:  
Männer

Total time: 1:55:35

Speed: 8.82 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 3 (of 29)

Rank in course/Men: 3 (of 17)

Best time in course: 1:36:41

Rank in category: 3(of 17)

Best time in the category: 1:36:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	33:52	6:46	2	3:20	2	3:20	5.00	33:52	6:46	2	3:20	2	3:20
Lap 2	3.00	20:12	6:44	3	3:16	3	3:16	8.00	54:04	6:45	2	6:34	2	6:34
Last lap Ziel Hen	9.50	1:01:31	6:28	4	12:20	4	12:20	17.50	1:55:35	6:36	3	18:54	3	18:54