



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Wegener, Sigrid**

Club: SK Nordenau  
Number: 18

Course: 17.50 km  
Panorama-Walking / Nordic Walking

Category:  
Frauen

Total time: 2:55:42

Speed: 5.81 km/h  
Running performance: 10:02 min/km

Rank in course/Total: 25 (of 29)

Rank in course/Women: 11 (of 12)

Best time in course: 1:56:28

Rank in category: 11(of 12)

Best time in the category: 1:56:28

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split km | Split Time | Split min/km | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|-------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|                   |          |            |              | 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     | 51:36      | 10:19        | 10          | 17:41       | 10        | 17:41        | 5.00          | 51:36      | 10:19        | 10       | 17:41       | 10        | 17:41        |
| Lap 2             | 3.00     | 31:02      | 10:20        | 11          | 10:50       | 11        | 10:50        | 8.00          | 1:22:38    | 10:19        | 10       | 28:31       | 10        | 28:31        |
| Last lap Ziel Hen | 9.50     | 1:33:04    | 9:47         | 10          | 30:43       | 10        | 30:43        | 17.50         | 2:55:42    | 10:02        | 11       | 59:14       | 11        | 59:14        |