



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wegener, Heinz-Josef

Club: SK Nordenau
Number: 17

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Männer

Total time: 2:28:28

Speed: 7.07 km/h
Running performance: 8:29 min/km

Rank in course/Total: 15 (of 29)

Rank in course/Men: 10 (of 17)

Best time in course: 1:36:41

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	44:01	8:48	9	13:29	9	13:29	5.00	44:01	8:48	9	13:29	9	13:29
Lap 2	3.00	27:25	9:08	11	10:29	11	10:29	8.00	1:11:26	8:55	9	23:56	9	23:56
Last lap Ziel Hen	9.50	1:17:02	8:06	9	27:51	9	27:51	17.50	2:28:28	8:29	10	51:47	10	51:47