



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Siewer, Hajo**

Club: Skiclub Olpe  
Number: 9

Course: 17.50 km  
Panorama-Walking / Nordic Walking

Category:  
Männer

Total time: 1:56:02

Speed: 8.79 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 4 (of 29)

Rank in course/Men: 4 (of 17)

Best time in course: 1:36:41

Rank in category: 4(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	33:53	6:46	4	3:21	4	3:21	5.00	33:53	6:46	4	3:21	4	3:21
Lap 2	3.00	20:14	6:44	5	3:18	5	3:18	8.00	54:07	6:45	4	6:37	4	6:37
Last lap Ziel Hen	9.50	1:01:55	6:31	5	12:44	5	12:44	17.50	1:56:02	6:37	4	19:21	4	19:21