



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Fritzs, Benjamin

Club: SuS Phönix Bielefeld 09

Number: 4

Course: 17.50 km

Panorama-Walking / Nordic Walking

Category:

Männer

Total time: 1:36:41

Speed: 10.55 km/h

Running performance: 5:31 min/km

Rank in course/Total: 1 (of 29)

Rank in course/Men: 1 (of 17)

Best time in course: 1:36:41

Rank in category: 1(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	30:32	6:06	1	-	1	-	5.00	30:32	6:06	1	-	1	-
Lap 2	3.00	16:58	5:39	2	0:02	2	0:02	8.00	47:30	5:56	1	-	1	-
Last lap Ziel Hen	9.50	49:11	5:10	1	-	1	-	17.50	1:36:41	5:31	1	-	1	-