



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Khelifi, Birgit

Club: Engelchen und Bengelchen
Number: 6

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Frauen

Total time: 2:30:00

Speed: 6.80 km/h
Running performance: 8:34 min/km

Rank in course/Total: 17 (of 29)

Rank in course/Women: 6 (of 12)

Best time in course: 1:56:28

Rank in category: 6(of 12)

Best time in the category: 1:56:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	46:23	9:16	6	12:28	6	12:28	5.00	46:23	9:16	6	12:28	6	12:28
Lap 2	3.00	25:27	8:28	4	5:15	4	5:15	8.00	1:11:50	8:58	5	17:43	5	17:43
Last lap Ziel Hen	9.50	1:18:10	8:13	5	15:49	5	15:49	17.50	2:30:00	8:34	6	33:32	6	33:32