



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Quitschorek, Martin

Club: Trifun Hennesee
Number: 15

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Männer

Total time: 2:27:49

Speed: 7.10 km/h
Running performance: 8:27 min/km

Rank in course/Total: 14 (of 29)

Rank in course/Men: 9 (of 17)

Best time in course: 1:36:41

Rank in category: 9(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	41:05	8:13	8	10:33	8	10:33	5.00	41:05	8:13	8	10:33	8	10:33
Lap 2	3.00	26:19	8:46	9	9:23	9	9:23	8.00	1:07:24	8:25	8	19:54	8	19:54
Last lap Ziel Hen	9.50	1:20:25	8:27	11	31:14	11	31:14	17.50	2:27:49	8:26	9	51:08	9	51:08