



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schwabedissen, Bernd

Club: TSV Oerlinghausen
Number: 43

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Männer

Total time: 1:54:30

Speed: 8.91 km/h
Running performance: 6:32 min/km

Rank in course/Total: 2 (of 29)

Rank in course/Men: 2 (of 17)

Best time in course: 1:36:41

Rank in category: 2(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	33:52	6:46	2	3:20	2	3:20	5.00	33:52	6:46	2	3:20	2	3:20
Lap 2	3.00	20:12	6:44	3	3:16	3	3:16	8.00	54:04	6:45	2	6:34	2	6:34
Last lap Ziel Hen	9.50	1:00:26	6:21	3	11:15	3	11:15	17.50	1:54:30	6:32	2	17:49	2	17:49