



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Bolle, Iris

Club: TUS Niedereimer
Number: 3

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Frauen

Total time: 2:35:45

Speed: 6.74 km/h
Running performance: 8:54 min/km

Rank in course/Total: 19 (of 29)
Rank in course/Women: 7 (of 12)
Best time in course: 1:56:28

Rank in category: 7(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	45:21	9:04	5	11:26	5	11:26	5.00	45:21	9:04	5	11:26	5	11:26
Lap 2	3.00	27:44	9:14	6	7:32	6	7:32	8.00	1:13:05	9:08	6	18:58	6	18:58
Last lap Ziel Hen	9.50	1:22:40	8:42	8	20:19	8	20:19	17.50	2:35:45	8:54	7	39:17	7	39:17