



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Holin, Simone

Number: 135

Course: 17.50 km

Panorama-Walking / Nordic Walking

Category:

Frauen

Total time: 2:22:48

Speed: 7.14 km/h

Running performance: 8:10 min/km

Rank in course/Total: 11 (of 29)

Rank in course/Women: 4 (of 12)

Best time in course: 1:56:28

Rank in category: 4(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	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-
Lap 2	3.00	1:06:50	22:16	12	46:38	12	46:38	8.00	1:06:50	8:21	13	12:43	13	12:43
Last lap Ziel Hen	9.50	1:15:58	7:59	4	13:37	4	13:37	17.50	2:22:48	8:09	4	26:20	4	26:20