



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Adegeest, Monika**

Club: Adegeest

Number: 2

Course: 17.50 km

Panorama-Walking / Nordic Walking

Category:

Frauen

Total time: 2:58:11

Speed: 5.72 km/h

Running performance: 10:11 min/km

Rank in course/Total: 28 (of 29)

Rank in course/Women: 12 (of 12)

Best time in course: 1:56:28

Rank in category: 12(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	54:20	10:52	11	20:25	11	20:25	5.00	54:20	10:52	11	20:25	11	20:25
Lap 2	3.00	30:37	10:12	9	10:25	9	10:25	8.00	1:24:57	10:37	11	30:50	11	30:50
Last lap Ziel Hen	9.50	1:33:14	9:48	12	30:53	12	30:53	17.50	2:58:11	10:10	12	1:01:43	12	1:01:43