



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Nacke, Norberg

Number: 25

Course: 17.50 km

Panorama-Walking / Nordic Walking

Category:

Männer

Total time: 3:01:55

Speed: 5.77 km/h

Running performance: 10:24 min/km

Rank in course/Total: 29 (of 29)

Rank in course/Men: 17 (of 17)

Best time in course: 1:36:41

Rank in category: 17(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	54:49	10:57	15	24:17	15	24:17	5.00	54:49	10:57	15	24:17	15	24:17
Lap 2	3.00	31:37	10:32	16	14:41	16	14:41	8.00	1:26:26	10:48	15	38:56	15	38:56
Last lap Ziel Hen	9.50	1:35:29	10:03	16	46:18	16	46:18	17.50	3:01:55	10:23	17	1:25:14	17	1:25:14