



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Adegeest, Jos**

Club: Adegeest  
Number: 1

Course: 17.50 km  
Panorama-Walking / Nordic Walking

Category:  
Männer

Total time: 2:58:11

Speed: 5.72 km/h  
Running performance: 10:11 min/km

Rank in course/Total: 27 (of 29)

Rank in course/Men: 16 (of 17)

Best time in course: 1:36:41

Rank in category: 16(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	54:14	10:50	14	23:42	14	23:42	5.00	54:14	10:50	14	23:42	14	23:42
Lap 2	3.00	30:33	10:11	15	13:37	15	13:37	8.00	1:24:47	10:35	14	37:17	14	37:17
Last lap Ziel Hen	9.50	1:33:24	9:49	15	44:13	15	44:13	17.50	2:58:11	10:10	16	1:21:30	16	1:21:30