



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Martin, Klaus-Rainer

Club: Kirchenlaufftreff Klein Wesenberg
Number: 7

Course: 17.50 km
Panorama-Walking / Nordic Walking

Category:
Männer

Total time: 2:56:22

Speed: 5.78 km/h
Running performance: 10:05 min/km

Rank in course/Total: 26 (of 29)

Rank in course/Men: 15 (of 17)

Best time in course: 1:36:41

Rank in category: 15(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	52:53	10:34	13	22:21	13	22:21	5.00	52:53	10:34	13	22:21	13	22:21
Lap 2	3.00	30:30	10:09	14	13:34	14	13:34	8.00	1:23:23	10:25	13	35:53	13	35:53
Last lap Ziel Hen	9.50	1:32:59	9:47	14	43:48	14	43:48	17.50	2:56:22	10:04	15	1:19:41	15	1:19:41