



### 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: 5.95 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    |