



15. Kirschlauf
Kleinfahner / 14.06.2015

Detailed evaluation

Ristow, Beate

Club: SV Bad Berka
Number: 412

Course: 14.00 km
Nordic Walking

Category:
Nordic Walking weiblich

Total time: 2:13:03

Speed: 6.31 km/h
Running performance: 9:30 min/km

Rank in course/Total: 9 (of 23)
Rank in course/Women: 7 (of 20)
Best time in course: 1:56:52

Rank in category: 7(of 20)
Best time in the category: 1:56:52

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
Kontrolle	7.50	1:22:51	11:02	7	11:38	7	11:38	7.50	1:22:51	11:02	7	11:38	7	11:38
Finish	6.50	50:12	7:43	6	4:33	6	4:33	14.00	2:13:03	9:30	7	16:11	7	16:11