



18. Kirschlauf
Kleinfahner / 17.06.2018

Detailed evaluation

Ristow, Beate

Club: SV Bad Berka
Number: 414

Course: 14.00 km
Nordic Walking

Category:
Nordic Walking weiblich

Total time: 2:09:41

Speed: 6.48 km/h
Running performance: 9:16 min/km

Rank in course/Total: 9 (of 16)
Rank in course/Women: 6 (of 10)
Best time in course: 1:59:39

Rank in category: 6(of 10)
Best time in the category: 1:59:39

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	5.80	55:47	9:37	5	4:30	5	4:30	5.80	55:47	9:37	5	4:30	5	4:30
Finish	8.20	1:13:54	9:00	4	5:32	4	5:32	14.00	2:09:41	9:15	6	10:02	6	10:02