



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

0000

Walking, 8626946

00: 0

00: 17.50 km

Panorama-Walking / Nordic Walking

0000:

Männer

000: 2:26:54

00: 6.94 km/h

0000: 8:23 min/km

00000/000: 12 (of 29)

00000/0: 8 (of 17)

000000: 1:36:41

00000: 8(of 17)

0000000: 1:36:41

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	5.00	1:19:13	15:50	16	48:41	16	48:41	5.00	1:19:13	15:50	16	48:41	16	48:41
00 2	3.00	16:56	5:38	1	-	1	-	8.00	1:36:09	12:01	16	48:39	16	48:39
000 Ziel Hened:	9.50	50:45	5:20	2	1:34	2	1:34	17.50	2:26:54	8:23	8	50:13	8	50:13