



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

0000

Adegeest, Jos

00: Adegeest

00: 1

00: 17.50 km

Panorama-Walking / Nordic Walking

0000:

Männer

000: 2:58:11

00: 5.72 km/h

0000: 10:11 min/km

00000/000: 27 (of 29)

00000/0: 16 (of 17)

000000: 1:36:41

00000: 16(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	54:14	10:50	14	23:42	14	23:42	5.00	54:14	10:50	14	23:42	14	23:42
00 2	3.00	30:33	10:11	15	13:37	15	13:37	8.00	1:24:47	10:35	14	37:17	14	37:17
000 Ziel Hened:	9.50	1:33:24	9:49	15	44:13	15	44:13	17.50	2:58:11	10:10	16	1:21:30	16	1:21:30