



1. Zossener Heidewalk  
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Rürup, Sandra

Club: Nordic Walking Zossen  
Number: 19

Course: 10.06 km  
10 km Walking/ Nordic Walking

Total time: 1:40:31

Speed: 5.97 km/h

metres in height up: 88  
Course score: 11.32

performance score: 68 Points

Intermediate times

| Control | km Total | km Split | Time of day | Total Time | Split Time |
|---------|----------|----------|-------------|------------|------------|
| Start   | 0        | 0        | 10:47       | 00:00      | 00:00      |
| km      | 6.0      | 6.0      | 11:46       | 00:59      | 00:59      |
| Finish  | 10.1     | 4.1      | 12:27       | 01:40      | 00:41      |