



1. Zossener Heidewalk

Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Gast, Wolfgang

Club: Dynamic Fitness World
Number: 22

Course: 10.06 km
10 km Walking/ Nordic Walking

Total time: 2:00:11

Speed: 4.99 km/h

metres in height up: 88
Course score: 11.32

performance score: 57 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	11:51	01:03	01:03
Finish	10.1	4.1	12:47	02:00	00:56