



1. Zossener Heidewalk  
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Assmann, Markus

Club: Bayreuth  
Number: 30

Course: 20.94 km  
21 km Walking/ Nordic Walking

Total time: 2:30:17

Speed: 7.98 km/h

metres in height up: 154  
Course score: 22.31  
performance score: 194 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	11:32	00:45	00:45
km	11.5	5.5	12:15	01:28	00:43
km	14.9	3.4	12:41	01:54	00:25
Finish	20.9	5.0	13:17	02:30	00:36