



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Seim, Matthias

Club: Team Erdinger Alkoholfrei
Number: 1

Course: 20.94 km
21 km Walking/ Nordic Walking

Total time: 3:04:56

Speed: 6.49 km/h

metres in height up: 154
Course score: 22.31
performance score: 158 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	11:34	00:47	00:47
km	11.5	5.5	12:29	01:41	00:54
km	14.9	3.4	12:56	02:09	00:27
Finish	20.9	5.0	13:52	03:04	00:55