



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Frey, Peter

Club: SK-Fitness HU/OF

Number: 7

Course: 20.94 km

21 km Walking/ Nordic Walking

Total time: 3:04:49

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	11:40	00:53	00:53
km	11.5	5.5	12:31	01:44	00:51
km	14.9	3.4	13:04	02:17	00:33
Finish	20.9	5.0	13:52	03:04	00:47