



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Ertel, Heidi

Club: Lauf- und Skatefreunde Kahl
Number: 50

Course: 15.65 km
15,5 km Walking/ Nordic Walking

Total time: 3:09:30

Speed: 4.75 km/h

metres in height up: 119
Course score: 16.79
performance score: 86 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	11:53	01:05	01:05
km	11.5	5.5	12:57	02:10	01:04
Finish	15.7	4.2	13:56	03:09	00:59