



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Schreiber, Helga

Club: Dynamic Fitness World
Number: 17

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

Total time: 3:09:48

Speed: 4.74 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	11:51	01:03	01:03
km	11.5	5.5	12:56	02:09	01:05
Finish	15.7	4.2	13:57	03:09	01:00