



1. Zossener Heidewalk  
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Beier, Rudolf

Club: RSG Herne

Number: 3

Course: 20.94 km

21 km Walking/ Nordic Walking

Total time: 3:12:52

Speed: 6.51 km/h

metres in height up: 154

Course score: 22.31

performance score: 151 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	11:35	00:48	00:48
km	11.5	5.5	12:29	01:42	00:54
km	14.9	3.4	12:57	02:10	00:27
Finish	20.9	5.0	14:00	03:12	01:02