



1. Zossener Heidewalk

Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Niehaus, Gabriele

Club: Bad Vilbel

Number: 52

Course: 20.94 km

21 km Walking/ Nordic Walking

Total time: 3:12:48

Speed: 6.22 km/h

metres in height up: 154

Course score: 22.31

performance score: 152 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	11:37	00:50	00:50
km	11.5	5.5	12:31	01:43	00:53
km	14.9	3.4	12:59	02:12	00:28
Finish	20.9	5.0	14:00	03:12	01:00