



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Sildatke, Sabine

Club: Nordic-Fitness4u
Number: 36

Course: 20.94 km
21 km Walking/ Nordic Walking

Total time: 3:17:23

Speed: 6.08 km/h

metres in height up: 154
Course score: 22.31
performance score: 148 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	11:39	00:52	00:52
km	11.5	5.5	12:29	01:41	00:49
km	14.9	3.4	12:59	02:11	00:29
Finish	20.9	5.0	14:04	03:17	01:05