



# 1. Zossener Heidewalk

Zossen, OT Schöneiche / 31.05.2008

## Detailed evaluation

Sildatke, Peter

Club: Nordic-Fitness4u  
Number: 35

Course: 20.94 km  
21 km Walking/ Nordic Walking

Total time: 3:24:56

Speed: 5.86 km/h

metres in height up: 154  
Course score: 22.31  
performance score: 143 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	11:36	00:49	00:49
km	11.5	5.5	12:31	01:44	00:55
km	14.9	3.4	13:04	02:17	00:32
Finish	20.9	5.0	14:12	03:24	01:07