



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Lorenz, Michaela

Club: Nippon Berlin

Number: 11

Course: 20.94 km

21 km Walking/ Nordic Walking

Total time: 3:40:19

Speed: 5.45 km/h

metres in height up: 154

Course score: 22.31

performance score: 133 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	11:43	00:55	00:55
km	11.5	5.5	12:43	01:56	01:00
km	14.9	3.4	13:15	02:28	00:32
Finish	20.9	5.0	14:27	03:40	01:11