



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Stavrou, Agapi

Club: Nippon Berlin
Number: 14

Course: 20.94 km
21 km Walking/ Nordic Walking

Total time: 3:42:27

Speed: 5.39 km/h

metres in height up: 154
Course score: 22.31
performance score: 131 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	14:29	03:42	01:14