



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Lüdeking, Susanne

Club: Falkensee

Number: 59

Course: 20.94 km

21 km Walking/ Nordic Walking

Total time: 3:38:10

Speed: 5.50 km/h

metres in height up: 154

Course score: 22.31

performance score: 134 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	11:44	00:56	00:56
km	11.5	5.5	12:38	01:50	00:54
km	14.9	3.4	13:12	02:25	00:34
Finish	20.9	5.0	14:25	03:38	01:12