



1. Zossener Heidewalk

Zossen, OT Schöneiche / 31.05.2008

Detailed evaluation

Murray, Annie

Club: Dynamic Fitness World
Number: 23

Course: 20.94 km
21 km Walking/ Nordic Walking

Total time: 3:47:37

Speed: 5.27 km/h

metres in height up: 154
Course score: 22.31
performance score: 128 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	11:46	00:58	00:58
km	11.5	5.5	12:51	02:04	01:05
km	14.9	3.4	13:28	02:40	00:36
Finish	20.9	5.0	14:35	03:47	01:06