



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Kästner, Günther

Club: LTV Erfurt

Number: 187

Course: 10.02 km

Walking/Nordic-Walking

Total time: 1:17:35

Speed: 7.75 km/h

metres in height up: 522

Course score: 17.83

performance score: 138 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:00	00:00	00:00
Kulissenfelsen	5.0	5.0	10:38	00:38	00:38
Finish	10.0	5.0	11:18	01:17	00:39