



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Frank, Dr.Bettina

Club: Ahörnchen

Number: 191

Course: 10.02 km

Walking/Nordic-Walking

Total time: 1:59:00

Speed: 5.04 km/h

metres in height up: 522

Course score: 17.83

performance score: 90 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	11:01	01:01	01:01
Finish	10.0	5.0	11:59	01:59	00:57