



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Haseloff, Ingrid

Club: BodyFit-2000

Number: 130

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:05:30

Speed: 6.79 km/h

metres in height up: 1007

Course score: 36.11

performance score: 250 Points

Intermediate times

| Control | km Total | km Split | Time of day | Total Time | Split Time |
|--------------------------|----------|----------|-------------|------------|------------|
| Start | 0 | 0 | 08:59 | 00:00 | 00:00 |
| Kulissenfelsen | 5.0 | 5.0 | 09:42 | 00:42 | 00:42 |
| Finsterbacher Pirschhaus | 15.2 | 10.2 | 10:30 | 01:30 | 00:48 |
| Talsperre | 32.8 | 17.6 | 11:33 | 02:33 | 01:02 |
| Finish | 21.2 | 3.7 | 12:05 | 03:05 | 00:32 |