



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Haseloff, Manuela

Club: BodyFit-2000

Number: 131

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:04:50

Speed: 6.82 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	10:29	01:29	00:47
Talsperre	32.8	17.6	11:32	02:32	01:02
Finish	21.2	3.7	12:04	03:04	00:32