



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Heckerodth, Karl-Heinz

Club: Wasserfreunde Meiningen

Number: 99

Course: 10.02 km

Walking/Nordic-Walking

Total time: 1:42:16

Speed: 5.87 km/h

metres in height up: 522

Course score: 17.83

performance score: 105 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	10:49	00:49	00:49
Finish	10.0	5.0	11:42	01:42	00:53