



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Koch, Verena

Club: Nordic Walking Team Luisenthal

Number: 193

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:23:44

Speed: 6.18 km/h

metres in height up: 1007

Course score: 36.11

performance score: 227 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	09:44	00:44	00:44
Finsterbacher Pirschhaus	15.2	10.2	10:35	01:35	00:50
Talsperre	32.8	17.6	11:47	02:47	01:11
Finish	21.2	3.7	12:23	03:23	00:36