



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Siegmund, Carmen

Club: Sport-Prediger Ilmenau

Number: 164

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:30:51

Speed: 5.98 km/h

metres in height up: 1007

Course score: 36.11

performance score: 219 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	09:46	00:46	00:46
Finsterbacher Pirschhaus	15.2	10.2	10:40	01:40	00:54
Talsperre	32.8	17.6	11:53	02:53	01:12
Finish	21.2	3.7	12:30	03:30	00:37