



# XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

## Detailed evaluation

Illing, Michael

Club: Nordic Walking Team Luisenthal

Number: 153

Course: 15.10 km

Walking/Nordic-Walking

Total time: 3:00:55

Speed: 4.97 km/h

metres in height up: 780

Course score: 26.70

performance score: 134 Points

## Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:32	00:00	00:00
Kulissenfelsen	5.0	5.0	10:23	00:51	00:51
Finsterbacher Pirschhaus	10.2	5.2	11:26	01:54	01:03
Finish	15.1	4.9	12:33	03:00	01:06