



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Menz, Gerlind

Club: Nordic Walking Team Luisenthal

Number: 173

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:41:50

Speed: 5.68 km/h

metres in height up: 1007

Course score: 36.11

performance score: 209 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	09:47	00:47	00:47
Finsterbacher Pirschhaus	15.2	10.2	10:44	01:44	00:56
Talsperre	32.8	17.6	12:01	03:01	01:17
Finish	21.2	3.7	12:41	03:41	00:39