



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Bröckert, Lutz

Club: Nordic Walking Team Luisenthal

Number: 118

Course: 10.92 km

Walking/Nordic-Walking

Total time: 1:24:51

Speed: 7.72 km/h

metres in height up: 455

Course score: 16.83

performance score: 137 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:10	00:41	00:41
Finish	10.9	5.9	10:54	01:24	00:43