



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Rothlauf, Manuela

Club: Ort: Friemar

Number: 70

Course: 10.92 km

Walking/Nordic-Walking

Total time: 1:46:15

Speed: 5.65 km/h

metres in height up: 455

Course score: 16.83

performance score: 110 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	10:21	00:51	00:51
Finish	10.9	5.9	11:15	01:46	00:54