



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Kranz, Karin

Club: Walker Gruppe Schmalkalden

Number: 53

Course: 10.92 km

Walking/Nordic-Walking

Total time: 1:52:35

Speed: 5.33 km/h

metres in height up: 455

Course score: 16.83

performance score: 103 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	10:23	00:54	00:54
Finish	10.9	5.9	11:21	01:52	00:57