



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

## Detailed evaluation

**Wehrspohn, Christian**

Club: Nordic Walking Team Luisenthal

Number: 30

Course: 10.92 km

Walking/Nordic-Walking

Total time: 1:53:16

Speed: 5.30 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	10:27	00:58	00:58
Finish	10.9	5.9	11:22	01:53	00:54