



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Haseloff, Ingrid

Club: BodyFit 2000

Number: 57

Course: 10.92 km

Walking/Nordic-Walking

Total time: 1:33:50

Speed: 6.39 km/h

metres in height up: 455

Course score: 16.83

performance score: 124 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	10:15	00:46	00:46
Finish	10.9	5.9	11:03	01:33	00:47