



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

## Detailed evaluation

Schröder, Regina

Club: SV Tautenhain

Number: 77

Course: 10.92 km

Walking/Nordic-Walking

Total time: 2:04:04

Speed: 5.28 km/h

metres in height up: 455

Course score: 16.83

performance score: 94 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      | 10:30       | 01:01      | 01:01      |
| Finish                   | 10.9     | 5.9      | 11:33       | 02:04      | 01:02      |