



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Menz, Gerlind

Club: Nordic Walking Team Luisenthal (SL)

Number: 99

Course: 10.92 km

Walking/Nordic-Walking

Total time: 2:14:57

Speed: 4.45 km/h

metres in height up: 455

Course score: 16.83

performance score: 86 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	10:38	01:08	01:08
Finish	10.9	5.9	11:44	02:14	01:05