



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 |