



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Krannich, Helmut

Club: Gehren

Number: 42900

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:32:51

Speed: 8.24 km/h

metres in height up: 794

Course score: 32.91

performance score: 273 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	10:08	00:39	00:39
Talsperre	12.3	7.3	10:59	01:30	00:51
Finsterbacher Pirschhaus	15.8	3.5	11:26	01:57	00:27
Finish	21.1	5.3	12:02	02:32	00:35