



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Thomar, Burkhard

Club: LTV Erfurt

Number: 125

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:36:31

Speed: 8.05 km/h

metres in height up: 794

Course score: 32.91

performance score: 266 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	10:09	00:39	00:39
Talsperre	12.3	7.3	10:59	01:30	00:50
Finsterbacher Pirschhaus	15.8	3.5	11:27	01:58	00:27
Finish	21.1	5.3	12:05	02:36	00:38