



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Haseloff, Manuela

Club: BodyFit 2000

Number: 135

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:43:25

Speed: 7.71 km/h

metres in height up: 794

Course score: 32.91

performance score: 255 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	10:11	00:42	00:42
Talsperre	12.3	7.3	11:05	01:36	00:53
Finsterbacher Pirschhaus	15.8	3.5	11:35	02:06	00:30
Finish	21.1	5.3	12:12	02:43	00:36