



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Lösche, Michael

Club: Dayfit Gotha

Number: 156

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:54:21

Speed: 7.23 km/h

metres in height up: 794

Course score: 32.91

performance score: 239 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	10:13	00:44	00:44
Talsperre	12.3	7.3	11:11	01:41	00:57
Finsterbacher Pirschhaus	15.8	3.5	11:41	02:12	00:30
Finish	21.1	5.3	12:23	02:54	00:42