



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

## Detailed evaluation

Frank, Lutz

Club: Nordic Walking Team Luisenthal

Number: 152

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:56:09

Speed: 7.15 km/h

metres in height up: 794

Course score: 32.91

performance score: 237 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      | 10:14       | 00:45      | 00:45      |
| Talsperre                | 12.3     | 7.3      | 11:11       | 01:42      | 00:56      |
| Finsterbacher Pirschhaus | 15.8     | 3.5      | 11:43       | 02:13      | 00:31      |
| Finish                   | 21.1     | 5.3      | 12:25       | 02:56      | 00:42      |