



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