



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Meinhardt, Wolfgang

Club: Nordic Walking Team Luisenthal

Number: 101

Course: 21.06 km

Walking/Nordic-Walking

Total time: 2:56:48

Speed: 7.15 km/h

metres in height up: 794

Course score: 32.91

performance score: 236 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	00:44	00:44
Talsperre	12.3	7.3	11:11	01:42	00:57
Finsterbacher Pirschhaus	15.8	3.5	11:43	02:14	00:32
Finish	21.1	5.3	12:26	02:56	00:42