



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Rößler, Manfred

Club: Ort: Erfurt

Number: 119

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:01:46

Speed: 6.93 km/h

metres in height up: 794

Course score: 32.91

performance score: 229 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	11:13	01:43	00:58
Finsterbacher Pirschhaus	15.8	3.5	11:45	02:16	00:32
Finish	21.1	5.3	12:31	03:01	00:45