



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

## Detailed evaluation

Schramm, Harald

Club: SV Tautenhain

Number: 111

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:04:44

Speed: 6.82 km/h

metres in height up: 794

Course score: 32.91

performance score: 226 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	01:44	00:59
Finsterbacher Pirschhaus	15.8	3.5	11:48	02:19	00:34
Finish	21.1	5.3	12:34	03:04	00:45