



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 |