



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Lorkowski, Katherina

Club: BodyFit 2000

Number: 147

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:05:13

Speed: 6.80 km/h

metres in height up: 794

Course score: 32.91

performance score: 225 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	10:15	00:46	00:46
Talsperre	12.3	7.3	11:16	01:47	01:01
Finsterbacher Pirschhaus	15.8	3.5	11:50	02:21	00:33
Finish	21.1	5.3	12:34	03:05	00:44