



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 |