



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Müller, Sandy

Club: Nordic Walking Team Luisenthal

Number: 116

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:10:49

Speed: 6.60 km/h

metres in height up: 794

Course score: 32.91

performance score: 218 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	10:17	00:48	00:48
Talsperre	12.3	7.3	11:21	01:52	01:04
Finsterbacher Pirschhaus	15.8	3.5	11:55	02:25	00:33
Finish	21.1	5.3	12:40	03:10	00:45