



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Möller, Dagmar

Club: Nordic Walking Team Luisenthal

Number: 110

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:13:41

Speed: 6.51 km/h

metres in height up: 794

Course score: 32.91

performance score: 215 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	11:56	02:27	00:35
Finish	21.1	5.3	12:42	03:13	00:46