



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Bosse, Holger

Club: Nordic Walking Club e.V. Gotha

Number: 154

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:15:38

Speed: 6.46 km/h

metres in height up: 794

Course score: 32.91

performance score: 213 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	10:18	00:48	00:48
Talsperre	12.3	7.3	11:21	01:52	01:03
Finsterbacher Pirschhaus	15.8	3.5	11:55	02:26	00:33
Finish	21.1	5.3	12:44	03:15	00:49