



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Rinke, Gabriele

Club: Ort: Gossel

Number: 103

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:16:26

Speed: 6.41 km/h

metres in height up: 794

Course score: 32.91

performance score: 212 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	10:19	00:50	00:50
Talsperre	12.3	7.3	11:25	01:55	01:05
Finsterbacher Pirschhaus	15.8	3.5	11:59	02:30	00:34
Finish	21.1	5.3	12:45	03:16	00:45