



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Helm, Uwe

Club: Ort: Crawinkel

Number: 114

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:20:17

Speed: 6.29 km/h

metres in height up: 794

Course score: 32.91

performance score: 208 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	00:49	00:49
Talsperre	12.3	7.3	11:24	01:55	01:05
Finsterbacher Pirschhaus	15.8	3.5	12:01	02:32	00:37
Finish	21.1	5.3	12:49	03:20	00:48