



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Helm, Ute

Club: Ort: Crawinkel

Number: 117

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:20:20

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 |
| Finsterbacher Pirschhaus | 15.8 | 3.5 | 12:01 | 02:32 | 01:42 |
| Finish | 21.1 | 5.3 | 12:49 | 03:20 | 00:48 |