



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Frank, Iris

Club: Nordic Walking Team Luisenthal

Number: 157

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:22:20

Speed: 6.23 km/h

metres in height up: 794

Course score: 32.91

performance score: 206 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	10:20	00:51	00:51
Talsperre	12.3	7.3	11:27	01:58	01:07
Finsterbacher Pirschhaus	15.8	3.5	12:03	02:34	00:36
Finish	21.1	5.3	12:51	03:22	00:47