



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Koch, Verena

Club: Nordic WalkingTeam Luisenthal
Number: 105

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:22:18

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
Finsterbacher Pirschhaus	15.8	3.5	12:03	02:34	01:43
Finish	21.1	5.3	12:51	03:22	00:47