



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Forstreuter, Sybille

Club: Nordic Walking Verein

Number: 155

Course: 21.06 km

Walking/Nordic-Walking

Total time: 3:36:55

Speed: 5.81 km/h

metres in height up: 794

Course score: 32.91

performance score: 192 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	10:22	00:53	00:53
Talsperre	12.3	7.3	11:33	02:04	01:10
Finsterbacher Pirschhaus	15.8	3.5	12:12	02:42	00:38
Finish	21.1	5.3	13:06	03:36	00:54