



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

Detailed evaluation

Illing, Michael

Club: Nordic Walking Team Luisenthal

Number: 112

Course: 21.06 km

Walking/Nordic-Walking

Total time: 4:08:25

Speed: 5.07 km/h

metres in height up: 794

Course score: 32.91

performance score: 168 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	10:27	00:58	00:58
Talsperre	12.3	7.3	11:50	02:21	01:22
Finish	21.1	5.3	13:37	04:08	01:47