



XXXIV. Ohra-Talsperrenlauf
Luisenthal / 25.07.2010

Detailed evaluation

Lorkowski, Katharina

Club: Bodyfit 2000

Number: 50

Course: 11.00 km

Walking/Nordic-Walking

Total time: 1:43:02

Speed: 6.41 km/h

metres in height up: 320

Course score: 15.80

performance score: 101 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:30	00:00	00:00
Wegscheide	4.9	4.9	10:17	00:47	00:47
Finish	11.0	6.1	11:13	01:43	00:55