



XXXIV. Ohra-Talsperrenlauf
Luisenthal / 25.07.2010

Detailed evaluation

Kose, Helga

Club: Nordic Walking Team Luisenthal (SL)
Number: 55

Course: 11.00 km

Walking/Nordic-Walking

Total time: 2:27:51

Speed: 4.46 km/h

metres in height up: 320

Course score: 15.80

performance score: 70 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	10:33	01:03	01:03
Finish	11.0	6.1	11:57	02:27	01:24