



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 |