



XXXIV. Ohra-Talsperrenlauf
Luisenthal / 25.07.2010

Detailed evaluation

Messerschmidt, Lothar

Club: Ruhla

Number: 3

Course: 21.00 km

Walking/Nordic-Walking

Total time: 3:08:47

Speed: 6.67 km/h

metres in height up: 595

Course score: 29.93

performance score: 205 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:30	00:00	00:00
Bergander Hütte	9.5	6.3	10:54	01:24	01:24
Wegscheide	15.7	6.2	11:59	02:29	01:05
Finish	21.0	5.6	12:38	03:08	00:38