



XXXIV. Ohra-Talsperrenlauf
Luisenthal / 25.07.2010

Detailed evaluation

Koch, Verena

Club: Nordic WalkingTeam Luisenthal
Number: 7

Course: 21.00 km

Walking/Nordic-Walking

Total time: 3:49:13

Speed: 5.50 km/h

metres in height up: 595
Course score: 29.93

performance score: 169 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	11:02	01:32	01:32
Wegscheide	15.7	6.2	12:29	02:59	01:26
Finish	21.0	5.6	13:19	03:49	00:50