



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Lorkowski, Katherina

□□□: 3:05:13

□□: BodyFit 2000

□□: 6.80 km/h

□□: 147

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 225 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|--------------------------|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 09:29 | 00:00 | 00:00 |
| Finsterbacher Pirschhaus | 5.1 | 5.1 | 10:15 | 00:46 | 00:46 |
| Talsperre | 12.3 | 7.3 | 11:16 | 01:47 | 01:01 |
| Finsterbacher Pirschhaus | 15.8 | 3.5 | 11:50 | 02:21 | 00:33 |
| □□ | 21.1 | 5.3 | 12:34 | 03:05 | 00:44 |