



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

□□□□

Haseloff, Ingrid

□□□: 3:05:30

□□: BodyFit-2000

□□: 6.79 km/h

□□: 130

□□□□□□: 1007

□□: 21.23 km

□□□□: 36.11

Walking/Nordic-Walking

□□□□: 250 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|--------------------------|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 08:59 | 00:00 | 00:00 |
| Kulissenfelsen | 5.0 | 5.0 | 09:42 | 00:42 | 00:42 |
| Finsterbacher Pirschhaus | 15.2 | 10.2 | 10:30 | 01:30 | 00:48 |
| Talsperre | 32.8 | 17.6 | 11:33 | 02:33 | 01:02 |
| □□ | 21.2 | 3.7 | 12:05 | 03:05 | 00:32 |