



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

□□□□

Krannich, Helmut

□□□: 2:46:12

□□: Gehren

□□: 7.58 km/h

□□: 90

□□□□□□: 1007

□□: 21.23 km

□□□□: 36.11

Walking/Nordic-Walking

□□□□: 278 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	08:59	00:00	00:00
Kulissenfelsen	5.0	5.0	09:39	00:39	00:39
Finsterbacher Pirschhaus	15.2	10.2	10:23	01:23	00:44
Talsperre	32.8	17.6	11:19	02:19	00:55
□□	21.2	3.7	11:46	02:46	00:27