



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

□□□□

Helm, Ute

□□□: 3:17:03

□□: Ort: Crawinkel

□□: 6.39 km/h

□□: 162

□□□□□□: 1007

□□: 21.23 km

□□□□: 36.11

Walking/Nordic-Walking

□□□□: 235 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	08:59	00:00	00:00
Kulissenfelsen	5.0	5.0	09:44	00:44	00:44
Finsterbacher Pirschhaus	15.2	10.2	10:34	01:34	00:49
Talsperre	32.8	17.6	11:41	02:42	01:07
□□	21.2	3.7	12:17	03:17	00:35