



# XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

□□□□

Tischer, Valentina

□□□: 3:04:49

□□: Ort: Erfurt

□□: 6.89 km/h

□□: 188

□□□□□□: 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	10:29	01:29	00:46
Talsperre	32.8	17.6	11:32	02:32	01:02
□□	21.2	3.7	12:04	03:04	00:32