



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Wehrspohn, Christian

□□□: 1:53:16

□□: Nordic Walking Team Luisenthal

□□: 5.30 km/h

□□: 30

□□: 10.92 km

□□□□□□: 455

□□□□: 16.83

Walking/Nordic-Walking

□□□□: 103 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:27	00:58	00:58
□□	10.9	5.9	11:22	01:53	00:54