



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Krannich, Helmut

□□□: 2:32:51

□□: Gehren

□□: 8.24 km/h

□□: 42900

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 273 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:08	00:39	00:39
Talsperre	12.3	7.3	10:59	01:30	00:51
Finsterbacher Pirschhaus	15.8	3.5	11:26	01:57	00:27
□□	21.1	5.3	12:02	02:32	00:35