



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Thomar, Burkhard

□□□: 2:36:31

□□: LTV Erfurt

□□: 8.07 km/h

□□: 125

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 266 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:09	00:39	00:39
Talsperre	12.3	7.3	10:59	01:30	00:50
Finsterbacher Pirschhaus	15.8	3.5	11:27	01:58	00:27
□□	21.1	5.3	12:05	02:36	00:38