



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Wittich, Klaus

□□□: 2:36:36

□□: SV-Ballstädt

□□: 8.05 km/h

□□: 113

□□□□□□: 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 | 10:08 | 00:39 | 00:39 |
| Talsperre | 12.3 | 7.3 | 10:59 | 01:30 | 00:51 |
| Finsterbacher Pirschhaus | 15.8 | 3.5 | 11:27 | 01:58 | 00:27 |
| □□ | 21.1 | 5.3 | 12:05 | 02:36 | 00:38 |