



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Winkler, Stefan

□□□: 2:43:12

□□: BodyFit 2000

□□: 7.72 km/h

□□: 151

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 255 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:09	00:40	00:40
Talsperre	12.3	7.3	11:04	01:35	00:55
Finsterbacher Pirschhaus	15.8	3.5	11:32	02:03	00:27
□□	21.1	5.3	12:12	02:43	00:39