



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Haseloff, Manuela

□□□: 2:43:25

□□: BodyFit 2000

□□: 7.73 km/h

□□: 135

□□□□□□: 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	10:11	00:42	00:42
Talsperre	12.3	7.3	11:05	01:36	00:53
Finsterbacher Pirschhaus	15.8	3.5	11:35	02:06	00:30
□□	21.1	5.3	12:12	02:43	00:36