



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Möller, Sigbert

□□□: 2:43:33

□□: Nordic Walking Team Luisenthal

□□: 7.70 km/h

□□: 104

□□□□□□: 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	10:10	00:41	00:41
Talsperre	12.3	7.3	11:05	01:36	00:55
Finsterbacher Pirschhaus	15.8	3.5	11:34	02:05	00:28
□□	21.1	5.3	12:12	02:43	00:38