



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Lösche, Michael

□□□: 2:54:21

□□: Dayfit Gotha

□□: 7.23 km/h

□□: 156

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 239 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|--------------------------|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 09:29 | 00:00 | 00:00 |
| Finsterbacher Pirschhaus | 5.1 | 5.1 | 10:13 | 00:44 | 00:44 |
| Talsperre | 12.3 | 7.3 | 11:11 | 01:41 | 00:57 |
| Finsterbacher Pirschhaus | 15.8 | 3.5 | 11:41 | 02:12 | 00:30 |
| □□ | 21.1 | 5.3 | 12:23 | 02:54 | 00:42 |