



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Frank, Lutz

□□□: 2:56:09

□□: Nordic Walking Team Luisenthal

□□: - km/h

□□: 152

□□□□□□: 794

□□□□: 11.91

Enduro Long Men

□□□□: 237 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:14	00:45	00:45
Talsperre	12.3	7.3	11:11	01:42	00:56
Finsterbacher Pirschhaus	15.8	3.5	11:43	02:13	00:31
□□	0.0	5.3	12:25	02:56	00:42