



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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**Frank, Lutz**

□□□: 2:56:09

□□: Nordic Walking Team Luisenthal

□□: 7.15 km/h

□□: 152

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 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
□□	21.1	5.3	12:25	02:56	00:42