



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Meinhardt, Wolfgang

□□□: 2:56:48

□□: Nordic Walking Team Luisenthal

□□: 7.13 km/h

□□: 101

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 236 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:14	00:44	00:44
Talsperre	12.3	7.3	11:11	01:42	00:57
Finsterbacher Pirschhaus	15.8	3.5	11:43	02:14	00:32
□□	21.1	5.3	12:26	02:56	00:42