



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Rößler, Manfred

□□□: 3:01:46

□□: Ort: Erfurt

□□: 6.93 km/h

□□: 119

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 229 □

□□□□

□□□	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	11:13	01:43	00:58
Finsterbacher Pirschhaus	15.8	3.5	11:45	02:16	00:32
□□	21.1	5.3	12:31	03:01	00:45