



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Schramm, Harald

□□□: 3:04:44

□□: SV Tautenhain

□□: 6.82 km/h

□□: 111

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 226 □

□□□□

□□□	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	01:44	00:59
Finsterbacher Pirschhaus	15.8	3.5	11:48	02:19	00:34
□□	21.1	5.3	12:34	03:04	00:45