



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Lorkowski, Katherina

□□□: 3:05:13

□□: BodyFit 2000

□□: 6.80 km/h

□□: 147

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 225 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:15	00:46	00:46
Talsperre	12.3	7.3	11:16	01:47	01:01
Finsterbacher Pirschhaus	15.8	3.5	11:50	02:21	00:33
□□	21.1	5.3	12:34	03:05	00:44