



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Müller, Sandy

□□□: 3:10:49

□□: Nordic Walking Team Luisenthal

□□: 6.60 km/h

□□: 116

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 218 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:17	00:48	00:48
Talsperre	12.3	7.3	11:21	01:52	01:04
Finsterbacher Pirschhaus	15.8	3.5	11:55	02:25	00:33
□□	21.1	5.3	12:40	03:10	00:45