



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Möller, Dagmar

□□□: 3:13:41

□□: Nordic Walking Team Luisenthal

□□: 6.52 km/h

□□: 110

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 215 □

□□□□

□□□	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	11:56	02:27	00:35
□□	21.1	5.3	12:42	03:13	00:46