



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Rinke, Gabriele

□□□: 3:16:26

□□: Ort: Gossel

□□: 6.41 km/h

□□: 103

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 212 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:19	00:50	00:50
Talsperre	12.3	7.3	11:25	01:55	01:05
Finsterbacher Pirschhaus	15.8	3.5	11:59	02:30	00:34
□□	21.1	5.3	12:45	03:16	00:45