



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Helm, Uwe

□□□: 3:20:17

□□: Ort: Crawinkel

□□: 6.29 km/h

□□: 114

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 208 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:18	00:49	00:49
Talsperre	12.3	7.3	11:24	01:55	01:05
Finsterbacher Pirschhaus	15.8	3.5	12:01	02:32	00:37
□□	21.1	5.3	12:49	03:20	00:48