



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Helm, Ute

□□□: 3:20:20

□□: Ort: Crawinkel

□□: 6.31 km/h

□□: 117

□□□□□□: 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 |
| Finsterbacher Pirschhaus | 15.8 | 3.5 | 12:01 | 02:32 | 01:42 |
| □□ | 21.1 | 5.3 | 12:49 | 03:20 | 00:48 |