



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Böhm, Rainer

□□□: 3:21:40

□□: Nordic Walking Team Luisenthal

□□: 6.25 km/h

□□: 106

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 207 □

□□□□

□□□	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	11:27	01:57	01:07
Finsterbacher Pirschhaus	15.8	3.5	12:03	02:34	00:36
□□	21.1	5.3	12:50	03:21	00:47