



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Frank, Iris

□□□: 3:22:20

□□: Nordic Walking Team Luisenthal

□□: 6.23 km/h

□□: 157

□□: 21.06 km

□□□□□□: 794

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 206 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:20	00:51	00:51
Talsperre	12.3	7.3	11:27	01:58	01:07
Finsterbacher Pirschhaus	15.8	3.5	12:03	02:34	00:36
□□	21.1	5.3	12:51	03:22	00:47