



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Koch, Verena

□□□: 3:22:18

□□: Nordic WalkingTeam Luisenthal

□□: 6.23 km/h

□□: 105

□□□□□□: 794

□□: 21.06 km

□□□□: 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
Finsterbacher Pirschhaus	15.8	3.5	12:03	02:34	01:43
□□	21.1	5.3	12:51	03:22	00:47