



# XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Forstreuter, Sybille

□□□: 3:36:55

□□: Nordic Walking Verein

□□: 5.81 km/h

□□: 155

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 192 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:22	00:53	00:53
Talsperre	12.3	7.3	11:33	02:04	01:10
Finsterbacher Pirschhaus	15.8	3.5	12:12	02:42	00:38
□□	21.1	5.3	13:06	03:36	00:54