



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

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Lehmann, Gabriele

□□□: 4:08:21

□□: Nordic Walking Team Luisenthal

□□: 5.07 km/h

□□: 108

□□□□□□: 794

□□: 21.06 km

□□□□: 32.91

Walking/Nordic-Walking

□□□□: 168 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:29	00:00	00:00
Finsterbacher Pirschhaus	5.1	5.1	10:28	00:59	00:59
Talsperre	12.3	7.3	11:52	02:23	01:23
Finsterbacher Pirschhaus	15.8	3.5	12:39	03:10	00:47
□□	21.1	5.3	13:37	04:08	00:58