



XXIII. Ohra-Talsperrenlauf-Nordic Walking

Luisenthal / 26.07.2009

□□□□

Illing, Annette

□□□: 4:08:23

□□: Nordic Walking Team Luisenthal

□□: 5.07 km/h

□□: 115

□□□□□□: 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	10:27	00:58	00:58
Talsperre	12.3	7.3	11:50	02:21	01:23
Finsterbacher Pirschhaus	15.8	3.5	12:39	03:09	00:48
□□	21.1	5.3	13:37	04:08	00:58