

## 10. Thüringer Nordic Walking Tag 22. September 2012

### 10,80 km Tour

#### weiblich

StartNr	Name	Klub	Punkte	LaufZeit	Splitz. 1	Splitz. 2
35	Höhland, Ute	Großbreitenbach	104	01:30:03	00:28:39	00:30:39
6	Hammer, Heike	Gossersweiler-Stein	93	01:40:48	00:33:08	00:34:05
32	Thön, Manuela	USV Rudolstadt	92	01:41:30	00:31:52	00:34:24
34	Möller, Bärbel	USV Uhlstädt	92	01:41:39	00:32:19	00:33:59
17	Kummer, Heike	Team Nutrilite Amway	92	01:41:42	00:33:03	00:34:05
18	Herzer, Daniela	Team Nutrilite Amway	92	01:41:43	00:33:04	00:34:11
22	Schrader, Heike	Team Nutrilite Amway	92	01:41:57	00:33:20	00:34:22
15	Küther, Astrid	Ilmenau	90	01:44:06	00:33:11	00:35:23
38	Keßler, Andrea	Suhl	85	01:49:40	00:38:09	00:35:44
1	Kühne, Denise	Dornstadt	85	01:49:51	00:35:28	00:38:14
8	Abesser, Monika	Ilmenau	85	01:49:58	00:34:33	00:37:25
12	Voigt, Karin	Ilmenau OT Manebach	85	01:50:00	00:34:12	00:37:48
9	Hoh, Katrin	Ilmenau	85	01:50:02	00:33:31	00:38:30
11	Jauch, Stephanie	SV Möbisburg	85	01:50:11	00:35:25	00:37:27
10	Jauch, Monika	SV Möbisburg	85	01:50:12	00:35:21	00:37:32
5	Cherek-Keßler, Mandy	Eisfeld	82	01:54:23	00:37:29	00:37:53
36	Laue, Sylvia	Vesser	76	02:03:13	00:38:43	00:42:29
37	Sladko, Monika	Erfurt	76	02:03:15	00:38:42	00:42:29
25	Kalb, Ilse	Team Nutrilite Amway	73	02:07:16	00:39:51	00:43:03
45	Ziermann, Ute	Arnstadt	73	02:08:13	00:38:45	00:44:00
46	Reiche, Ines Cassandra	Arnstadt	73	02:08:15	00:38:48	00:43:59

#### männlich

StartNr	Name	Klub	Punkte	LaufZeit	Splitz. 1	Splitz. 2
44	Krannich, Helmut	Gehren	117	01:19:54	00:26:32	00:28:13
39	Theis, Andreas	SWV Goldlauter-Heidersb.	102	01:31:29	00:30:03	00:30:27
4	Lübeck, Frank	TS Selb	94	01:38:59	00:31:04	00:32:02
29	Wagner, Hartmut	GutsMuths-RSLV	92	01:41:59	00:33:06	00:34:27
16	Kummer, Wolfgang	Ilmenau	90	01:44:05	00:33:12	00:35:23
3	Kötteritzsch, Frank	SV Grün-Weiß Döschwitz	88	01:46:06	00:33:44	00:36:03
30	Böhm, Erich	Suhl	86	01:48:34	00:33:59	00:36:27
14	Uebe, Claus	Suhl	79	01:58:55	00:37:27	00:37:45
31	Ewald, Detlev	Suhl	79	01:58:58	00:36:01	00:38:48
43	Leipold, Bodo	Westhausen	76	02:03:01	00:38:20	00:40:00
24	Kalb, Dieter	Team Nutrilite Amway	73	02:07:14	00:39:45	00:43:07
13	Elbert, Dieter	Hainichläufer	70	02:12:26	00:42:51	00:43:54

### Berechnung Leistungspunkte im Nordic Walking

#### Formeln

Leistungspunkte = Streckenwert \* Geschwindigkeit (km/h)

Streckenwert = Streckenlänge (km) + Höhenmeter auf/100 + Höhenmeter ab / 200

	kurze Strecke	lange Strecke
Streckenlänge (km)	11,35	18,19
Höhen auf (m)	241	394
Höhen ab (m)	241	394
Streckenwert	<b>14,965</b>	<b>24,1</b>

## 10. Thüringer Nordic Walking Tag 22. September 2012

### 17,65 km Tour

weiblich

StartNr	Name	Klub	Punkte	LaufZeit	Splitz. 1	Splitz. 2	Splitz. 3
535	Lammert, Asuke	Kranichfeld	161	02:34:50	00:30:05	00:31:22	00:59:41
543	Gruchenberg, Karin	Hinternah	156	02:39:28	00:31:48	00:33:02	01:01:40
546	Tänzer, Simone	USV Uhlstädt	152	02:44:07	00:31:49	00:34:13	01:04:32
523	Meyer, Verena	GutsMuths RSLV	151	02:45:00	00:32:06	00:33:32	01:03:14
511	Hickethier, Elke	Jena	150	02:46:34	00:31:13	00:33:16	01:05:41
540	Urban, Susanne	SG Vessertal Breitenb.	149	02:46:58	00:32:44	00:34:20	01:04:36
539	Schneider, Gitta	SG Vessertal Breitenb.	149	02:47:00	00:32:36	00:34:27	01:04:34
517	Tolk, Kornelia	Weimar	148	02:48:12	00:31:07	00:31:56	01:04:15
512	Thurley, Manuela	Schwielowsee	143	02:54:35	00:33:23	00:36:48	01:06:14
510	Lepke, Susanne	Caputher SV 1881	143	02:54:38	00:33:23	00:36:49	01:06:15
549	Rommer-Werfling, Silke	Erlau	142	02:55:51	00:33:14	00:37:05	01:07:01
547	Weschenfelder, Carla	Zella-Mehlis	142	02:55:53	00:33:36	00:36:46	01:06:03
548	Schmieder, Janett	Berlin	142	02:55:54	00:33:42	00:36:41	01:06:17
524	Müller, Birgit	Lauscha	142	02:55:58	00:34:26	00:37:07	01:07:17
525	Pfennig, Ute	Lauscha	142	02:56:01	00:34:27	00:37:08	01:07:18
533	Krentler, Susanne	Zella-Mehlis	141	02:57:01	00:33:29	00:36:38	01:07:09
526	Kummer, Annemarie	Breitenbach	139	02:59:42	00:35:24	00:36:29	01:08:37
531	Lenzner, Veronika	Jena	139	02:59:49	00:33:49	00:37:47	01:06:07
502	Müller, Claudia	Altendambach	131	03:09:37	00:37:23	00:37:47	01:13:01
501	Mehlitz, Karola	Suhl-Albrechts	131	03:09:38	00:37:24	00:37:44	01:13:02
508	Löbel, Ulrike	PSV Landshut	131	03:09:43	00:36:55	00:38:43	01:13:55
542	Krapp, Emese	Hildburghausen	123	03:22:05	00:37:58	00:40:20	01:19:30
515	Heyer, Jutta	Bad Langensalza	118	03:30:51	00:38:29	00:43:13	01:22:22
514	Sittig, Manuela	Schönstedt	118	03:30:54	00:40:00	00:43:16	01:22:09
513	Technow, Bärbel	Bad Langensalza	118	03:30:57	00:40:02	00:43:12	01:22:14
530	Meisch, Ulrike	WSV Schmiedefeld	117	03:33:30	00:43:33	00:44:31	01:21:04
550	Meder, Birgit	Hersdorf	117	03:33:30	00:43:33	00:44:31	01:21:04
545	Treichel, Anna	SV Vesser	117	03:33:32	00:43:45	00:44:11	01:21:10

männlich

StartNr	Name	Klub	Punkte	LaufZeit	Splitz. 1	Splitz. 2	Splitz. 3
541	Lotz, Albrecht	Lauffreunde Geratal	175	02:22:24	00:28:15	00:30:15	00:53:36
520	Gottschall, Reiner	Jena	175	02:22:48	00:28:56	00:30:07	00:53:25
538	Schmidt-Röh, Klaus	Rennsteiglaufverein	170	02:26:52	00:29:22	00:30:22	00:55:15
536	Thieme, Heinz	Regis-Breitingen	169	02:27:15	00:30:01	00:30:52	00:56:36
521	Rauch, Andreas	Gotha	167	02:29:03	00:29:30	00:30:48	00:56:49
529	Falkenberg, Ingo	GutsMuths RSLV	161	02:34:54	00:30:17	00:31:40	00:58:44
537	Ettlinger, Helmus	Federn Oßwald Mühlh.	160	02:36:14	00:29:44	00:31:59	00:59:46
534	Krentler, Maik	Zella-Mehlis	158	02:38:09	00:32:16	00:32:47	00:59:51
544	Gruchenberg, Fred	Fit By Schmidt	156	02:39:25	00:31:46	00:33:09	01:01:37
528	Boschann, Klaus	Skiclub Kelkheim	144	02:53:27	00:34:03	00:35:14	01:08:01
532	Neubert, Uwe	Gotha	142	02:55:50	00:33:49	00:37:49	01:05:55
518	Kummer, Helmut	SG Vessertal Breitb.	139	02:59:39	00:35:26	00:36:26	01:08:41
503	Stensch, Gerd	Suhl	132	03:09:36	00:36:09	00:38:21	01:11:36
509	Rehberg, Heinz	PSV Landshut	131	03:09:44	00:36:59	00:38:41	01:13:51
516	Heyer, Uwe	Bad Langensalza	118	03:30:56	00:38:36	00:43:07	01:22:23