



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Gohles, Christine

Club: PSV Erfurt

Number: 311

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:04:30

Speed: 6.51 km/h

metres in height up: 220

Course score: 10.30

performance score: 79 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:31	00:00	00:00
Steigerhaus	2.9	2.9	10:58	00:26	00:26
Finish	7.7	4.9	11:36	01:04	00:37