



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Frank, Lutz

Club: Concordia Gräfenhain
Number: 201

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 1:58:27

Speed: 7.09 km/h

metres in height up: 398
Course score: 19.97

performance score: 152 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:56	00:00	00:00
Steigerhaus	2.9	2.9	10:20	00:23	00:23
Finsterbacher Pirschhaus	8.3	5.4	11:06	01:09	00:46
Finish	14.6	6.3	11:55	01:58	00:48