



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Ruft, Karin

Club: Concordia Gräfenhain
Number: 313

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 1:27:32

Speed: 5.31 km/h

metres in height up: 220
Course score: 10.30

performance score: 59 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 | 11:06 | 00:34 | 00:34 |
| Finish | 7.7 | 4.9 | 11:59 | 01:27 | 00:52 |