



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Rudolph, Brunhilde

Club: Concordia Gräfenhain
Number: 305

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 1:31:00

Speed: 5.10 km/h

metres in height up: 220
Course score: 10.30

performance score: 56 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	11:05	00:33	00:33
Finish	7.7	4.9	12:02	01:31	00:57