



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Wittig, Beate

Club: Concordia Gräfenhain

Number: 307

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:31:36

Speed: 4.59 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	11:07	00:35	00:35
Finish	7.7	4.9	12:03	01:31	00:56