



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Lehmann, Gabriele

Club: Concordia Gräfenhain

Number: 301

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:31:38

Speed: 4.58 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 |