



# 1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

## Detailed evaluation

Recknagel, Dietmar

Club: WSC Ober-Unterschönau

Number: 123

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:36:04

Speed: 7.30 km/h

metres in height up: 472

Course score: 26.08

performance score: 205 Points

## Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:28	00:00	00:00
Steigerhaus	2.9	2.9	09:53	00:24	00:24
Finsterbacher Pirschhaus	8.3	5.4	10:38	01:09	00:45
Lindenstein	16.3	8.0	11:34	02:06	00:56
Finish	19.8	3.5	12:04	02:36	00:30