



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Meinhardt, Wolfgang

Club: Concordia Gräfenhain

Number: 106

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:43:38

Speed: 6.97 km/h

metres in height up: 472

Course score: 26.08

performance score: 195 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	00:25	00:25
Finsterbacher Pirschhaus	8.3	5.4	10:41	01:12	00:47
Lindenstein	16.3	8.0	11:39	02:10	00:57
Finish	19.8	3.5	12:12	02:43	00:33