



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Siegmund, Bernd

Club: Intersport Prediger Ilmenau
Number: 218

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:17:10

Speed: 6.12 km/h

metres in height up: 398
Course score: 19.97

performance score: 131 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:56	00:00	00:00
Steigerhaus	2.9	2.9	10:25	00:28	00:28
Finsterbacher Pirschhaus	8.3	5.4	11:18	01:21	00:52
Finish	14.6	6.3	12:13	02:17	00:55