



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Frank, Iris

Club: Concordia Gräfenhain
Number: 202

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:17:19

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	11:19	01:22	00:53
Finish	14.6	6.3	12:14	02:17	00:54