



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Krannich, Helmut

Club: -

Number: 200

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 1:49:40

Speed: 7.66 km/h

metres in height up: 398

Course score: 19.97

performance score: 164 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	10:18	00:21	00:21
Finsterbacher Pirschhaus	8.3	5.4	11:01	01:04	00:42
Finish	14.6	6.3	11:46	01:49	00:45