



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Gräser, Bernadett

Club: FSV 1950 Gotha

Number: 122

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:51:17

Speed: 6.66 km/h

metres in height up: 472

Course score: 26.08

performance score: 187 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	10:42	01:13	00:48
Lindenstein	16.3	8.0	11:41	02:12	00:58
Finish	19.8	3.5	12:19	02:51	00:38