



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Laube, Susanne

Club: Concordia Gräfenhain NW Team
Number: 101

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 2:59:15

Speed: 6.36 km/h

metres in height up: 472
Course score: 26.08

performance score: 178 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	09:54	00:26	00:26
Finsterbacher Pirschhaus	8.3	5.4	10:46	01:17	00:51
Lindenstein	16.3	8.0	11:50	02:21	01:04
Finish	19.8	3.5	12:27	02:59	00:37