



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Siegmund, Carmen

Club: Intersport Prediger Ilmenau

Number: 219

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 2:32:10

Speed: 5.52 km/h

metres in height up: 398

Course score: 19.97

performance score: 118 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	10:26	00:29	00:29
Finsterbacher Pirschhaus	8.3	5.4	11:25	01:28	00:59
Finish	14.6	6.3	12:28	02:32	01:03