



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Aschenbach, Gisela

Club: Concordia Gräfenhain

Number: 216

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 2:38:35

Speed: 5.30 km/h

metres in height up: 398

Course score: 19.97

performance score: 114 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	10:27	00:31	00:31
Finsterbacher Pirschhaus	8.3	5.4	11:28	01:31	01:00
Finish	14.6	6.3	12:35	02:38	01:07