



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Berlet, Frank

Club: SV Cospeda 97 e.V.

Number: 126

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 3:09:59

Speed: 6.00 km/h

metres in height up: 472

Course score: 26.08

performance score: 168 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	09:57	00:29	00:29
Finsterbacher Pirschhaus	8.3	5.4	10:51	01:22	00:53
Lindenstein	16.3	8.0	11:58	02:30	01:07
Finish	19.8	3.5	12:38	03:09	00:39