



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Heußmann, Ines

Club: Privat
Number: 105

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 3:26:08

Speed: 5.53 km/h

metres in height up: 472
Course score: 26.08
performance score: 155 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	09:58	00:29	00:29
Finsterbacher Pirschhaus	8.3	5.4	10:58	01:29	00:59
Lindenstein	16.3	8.0	12:12	02:44	01:14
Finish	19.8	3.5	12:54	03:26	00:41