



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Menz, Gerlind

Club: Concordia Gräfenhain
Number: 203

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:58:22

Speed: 4.71 km/h

metres in height up: 398
Course score: 19.97

performance score: 101 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	10:32	00:35	00:35
Finsterbacher Pirschhaus	8.3	5.4	11:39	01:42	01:07
Finish	14.6	6.3	12:55	02:58	01:15