



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Gladitsch, Angela

Club: Team Erdinger Alkoholfrei

Number: 110

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 3:28:42

Speed: 5.46 km/h

metres in height up: 472

Course score: 26.08

performance score: 153 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	10:00	00:32	00:32
Finsterbacher Pirschhaus	8.3	5.4	11:02	01:33	01:01
Lindenstein	16.3	8.0	12:14	02:45	01:11
Finish	19.8	3.5	12:57	03:28	00:43