



# 1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

## Detailed evaluation

**Pohl, Katja**

Club: Zettlitz OT Kralapp

Number: 116

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 3:28:47

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	09:59	00:30	00:30
Finsterbacher Pirschhaus	8.3	5.4	10:59	01:31	01:00
Lindenstein	16.3	8.0	12:14	02:45	01:14
Finish	19.8	3.5	12:57	03:28	00:43