



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Berlet, Stefan

Club: Sv 05 Friedrichroda

Number: 125

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 3:44:44

Speed: 5.29 km/h

metres in height up: 472

Course score: 26.08

performance score: 142 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	10:01	00:33	00:33
Finsterbacher Pirschhaus	8.3	5.4	11:06	01:37	01:04
Lindenstein	16.3	8.0	12:28	02:59	01:22
Finish	19.8	3.5	13:13	03:44	00:44