



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Turzer, Regina

Club: Nordic Walking Team Gräfenhain

Number: 303

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:17:13

Speed: 6.01 km/h

metres in height up: 220

Course score: 10.30

performance score: 66 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:31	00:00	00:00
Steigerhaus	2.9	2.9	11:03	00:31	00:31
Finish	7.7	4.9	11:49	01:17	00:45