



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: 5.44 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 |