



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

Detailed evaluation

Kästner, Günther

Club: LTV Erfurt

Number: 217

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 1:58:16

Speed: 7.10 km/h

metres in height up: 398

Course score: 19.97

performance score: 152 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:56	00:00	00:00
Steigerhaus	2.9	2.9	10:21	00:24	00:24
Finsterbacher Pirschhaus	8.3	5.4	11:06	01:09	00:45
Finish	14.6	6.3	11:55	01:58	00:48