



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Siegmund, Carmen

Club: Intersport Prediger
Number: 114

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 1:13:00

Speed: 5.75 km/h

metres in height up: 220
Course score: 10.30

performance score: 70 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:28	00:00	00:00
Steigerhaus	2.9	2.9	10:57	00:28	00:28
Finish	7.7	4.9	11:41	01:13	00:44