



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Aschenbach, Gisela

Club: Concordia Gräfenhain

Number: 108

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:14:24

Speed: 5.65 km/h

metres in height up: 220

Course score: 10.30

performance score: 69 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	10:59	00:30	00:30
Finish	7.7	4.9	11:43	01:14	00:43