



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Ruft, Karin

Club: Concordia Gräfenhain

Number: 107

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:25:59

Speed: 4.88 km/h

metres in height up: 220

Course score: 10.30

performance score: 60 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	11:05	00:36	00:36
Finish	7.7	4.9	11:54	01:25	00:49