



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Steuding, Gerd

Club: privat
Number: 314

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 2:31:30

Speed: 7.52 km/h

metres in height up: 472
Course score: 26.08

performance score: 211 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:28	00:00	00:00
Steigerhaus	2.9	2.9	09:50	00:22	00:22
Finsterbacher Pirschhaus	8.3	5.4	10:33	01:05	00:43
Lindenstein	16.3	8.0	11:29	02:01	00:55
Finish	19.8	3.5	11:59	02:31	00:30