



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Berlet, Frank

Club: Jena

Number: 134

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:40:39

Speed: 7.10 km/h

metres in height up: 472

Course score: 26.08

performance score: 199 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	09:53	00:25	00:25
Finsterbacher Pirschhaus	8.3	5.4	10:42	01:14	00:48
Lindenstein	16.3	8.0	11:38	02:10	00:56
Finish	19.8	3.5	12:08	02:40	00:30