



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Lange, Ralf

Club: Ohrdruf

Number: 221

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 2:16:47

Speed: 6.40 km/h

metres in height up: 398

Course score: 19.97

performance score: 132 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:00	00:00	00:00
Steigerhaus	2.9	2.9	10:28	00:28	00:28
Finsterbacher Pirschhaus	8.3	5.4	11:22	01:21	00:53
Finish	14.6	6.3	12:17	02:16	00:55