



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Lorkowski, Katharina

Club: Bodyfit 2000 Gera
Number: 226

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:18:53

Speed: 6.05 km/h

metres in height up: 398
Course score: 19.97

performance score: 130 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	12:19	02:18	00:57