



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Lange, Heinz

Club: SG Concordia Gräfenhain
Number: 135

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:24:27

Speed: 5.82 km/h

metres in height up: 398
Course score: 19.97

performance score: 125 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	11:15	01:14	01:14
Finsterbacher Pirschhaus	8.3	5.4	11:45	01:44	00:30
Finish	14.6	6.3	12:25	02:24	00:40