



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Menge, Ute

Club: NW Team Gräfenhain
Number: 309

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 3:18:48

Speed: 5.98 km/h

metres in height up: 472
Course score: 26.08

performance score: 161 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	09:59	00:30	00:30
Finsterbacher Pirschhaus	8.3	5.4	10:56	01:28	00:57
Lindenstein	16.3	8.0	12:07	02:38	01:10
Finish	19.8	3.5	12:47	03:18	00:39