



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

Detailed evaluation

Berlet, Stefan

Club: Friedrichroda

Number: 133

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 3:34:40

Speed: 5.31 km/h

metres in height up: 472

Course score: 26.08

performance score: 149 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	10:00	00:32	00:32
Finsterbacher Pirschhaus	8.3	5.4	11:04	01:36	01:03
Lindenstein	16.3	8.0	12:20	02:52	01:16
Finish	19.8	3.5	13:02	03:34	00:42