



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Lösche, Michael

Club: Gotha
Number: 323

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 56:44

Speed: 7.40 km/h

metres in height up: 220
Course score: 10.30
performance score: 90 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:31	00:00	00:00
Steigerhaus	2.9	2.9	10:54	00:23	00:23
Finish	7.7	4.9	11:28	00:56	00:33