



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Koschek, Roswitha

Club: Gesundheitsteam Gera

Number: 326

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:13:22

Speed: 5.72 km/h

metres in height up: 220

Course score: 10.30

performance score: 70 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 | 11:01 | 00:30 | 00:30 |
| Finish | 7.7 | 4.9 | 11:44 | 01:13 | 00:42 |