



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Aschenbach, Gisela

Club: NW-Team Gräfenhain

Number: 310

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:13:57

Speed: 5.68 km/h

metres in height up: 220

Course score: 10.30

performance score: 69 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	11:45	01:13	00:43