



### 3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

#### Detailed evaluation

Forstreuter, Sybille

Club: Gotha  
Number: 325

Course: 7.74 km  
8 km - Strecke Nordic Walking

Total time: 1:15:10

Speed: 5.59 km/h

metres in height up: 220  
Course score: 10.30

performance score: 68 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	11:02	00:31	00:31
Finish	7.7	4.9	11:46	01:15	00:43