



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Rudolph, Brunhilde

Club: NW-Team Gräfenhain

Number: 315

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:18:36

Speed: 5.91 km/h

metres in height up: 220

Course score: 10.30

performance score: 65 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	11:04	00:32	00:32
Finish	7.7	4.9	11:49	01:18	00:45