



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Ludwig, Margitta

Club: Privat
Number: 319

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 1:19:36

Speed: 5.28 km/h

metres in height up: 220
Course score: 10.30

performance score: 64 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	00:33	00:33
Finish	7.7	4.9	11:50	01:19	00:46