



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Knispel, Iris

Club: Privat
Number: 304

Course: 7.74 km
8 km - Strecke Nordic Walking

Total time: 1:28:48

Speed: 4.73 km/h

metres in height up: 220
Course score: 10.30

performance score: 58 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	11:07	00:35	00:35
Finish	7.7	4.9	12:00	01:28	00:52