



### 3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

#### Detailed evaluation

**Steuding, Gerd**

Club: SV Wechmar  
Number: 109

Course: 19.80 km  
20 km - Strecke Nordic Walking

Total time: 2:28:40

Speed: 7.67 km/h

metres in height up: 472  
Course score: 26.08

performance score: 215 Points

#### Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:31	00:00	00:00
Steigerhaus	2.9	2.9	09:53	00:21	00:21
Finsterbacher Pirschhaus	8.3	5.4	10:36	01:04	00:43
Lindenstein	16.3	8.0	11:30	01:58	00:53
Finish	19.8	3.5	12:00	02:28	00:29