



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein
Number: 218

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:05:24

Speed: 6.99 km/h

metres in height up: 398
Course score: 19.97

performance score: 144 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:59	00:00	00:00
Steigerhaus	2.9	2.9	10:22	00:23	00:23
Finsterbacher Pirschhaus	8.3	5.4	11:09	01:10	00:46
Finish	14.6	6.3	12:04	02:05	00:55