



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Greve, Joachim

Club: Gesundheitsteam Gera
Number: 100

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 2:42:52

Speed: 7.00 km/h

metres in height up: 472
Course score: 26.08

performance score: 196 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	09:56	00:24	00:24
Finsterbacher Pirschhaus	8.3	5.4	10:43	01:12	00:47
Lindenstein	16.3	8.0	11:39	02:08	00:56
Finish	19.8	3.5	12:14	02:42	00:34