



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Meinhardt, Wolfgang

Club: NW-Team Gräfenhain

Number: 106

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:44:45

Speed: 6.92 km/h

metres in height up: 472

Course score: 26.08

performance score: 194 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	11:41	02:09	00:57
Finish	19.8	3.5	12:16	02:44	00:34