



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Graf, Olaf

Club: Tambach-Dietharz
Number: 220

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:21:44

Speed: 6.18 km/h

metres in height up: 398
Course score: 19.97

performance score: 127 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	10:27	00:28	00:28
Finsterbacher Pirschhaus	8.3	5.4	11:21	01:22	00:54
Finish	14.6	6.3	12:20	02:21	00:59