



3. Gräfenhainer Steigerlauf

Gräfenhain / 20.07.2013

Detailed evaluation

Gerber- Manz, Yvonne

Club: Friedrichroda

Number: 102

Course: 19.80 km

20 km - Strecke Nordic Walking

Total time: 2:53:56

Speed: 6.55 km/h

metres in height up: 472

Course score: 26.08

performance score: 184 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	09:57	00:26	00:26
Finsterbacher Pirschhaus	8.3	5.4	10:47	01:16	00:50
Lindenstein	16.3	8.0	11:51	02:19	01:03
Finish	19.8	3.5	12:25	02:53	00:34