



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Hupel, Sabine

Club: Kneipp Verein Erfurt
Number: 117

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 2:56:05

Speed: 6.47 km/h

metres in height up: 472
Course score: 26.08

performance score: 181 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	09:58	00:26	00:26
Finsterbacher Pirschhaus	8.3	5.4	10:48	01:16	00:50
Lindenstein	16.3	8.0	11:52	02:20	01:03
Finish	19.8	3.5	12:27	02:56	00:35