



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Müller, Sandy

Club: NW-Team Gräfenhain
Number: 108

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 2:59:19

Speed: 6.36 km/h

metres in height up: 472
Course score: 26.08

performance score: 178 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	00:27	00:27
Finsterbacher Pirschhaus	8.3	5.4	10:50	01:19	00:52
Lindenstein	16.3	8.0	11:56	02:24	01:05
Finish	19.8	3.5	12:30	02:59	00:34