



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Bauer-Bandis, Henriette

Club: Privat
Number: 103

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 3:07:15

Speed: 6.09 km/h

metres in height up: 472
Course score: 26.08

performance score: 170 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	09:59	00:27	00:27
Finsterbacher Pirschhaus	8.3	5.4	10:53	01:21	00:54
Lindenstein	16.3	8.0	12:01	02:29	01:08
Finish	19.8	3.5	12:38	03:07	00:37