



### 3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

#### Detailed evaluation

Hemmann, Angelika

Club: Gera

Number: 209

Course: 14.60 km

15 km - Strecke Nordic Walking

Total time: 2:40:18

Speed: 5.46 km/h

metres in height up: 398

Course score: 19.97

performance score: 112 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	10:29	00:30	00:30
Finsterbacher Pirschhaus	8.3	5.4	11:31	01:32	01:02
Finish	14.6	6.3	12:39	02:40	01:07