



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Koch, Verena

Club: NW-Team Gräfenhain
Number: 116

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:46:30

Speed: 5.05 km/h

metres in height up: 398
Course score: 19.97

performance score: 108 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	10:30	00:31	00:31
Finsterbacher Pirschhaus	8.3	5.4	11:35	01:36	01:04
Finish	14.6	6.3	12:45	02:46	01:10