



### 3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

#### Detailed evaluation

Zangemeister, Klaus

Club: Ohrduf  
Number: 301

Course: 7.74 km  
8 km - Strecke Nordic Walking

Total time: 1:05:53

Speed: 6.37 km/h

metres in height up: 220  
Course score: 10.30  
performance score: 78 Points

#### Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:31	00:00	00:00
Steigerhaus	2.9	2.9	10:58	00:27	00:27
Finish	7.7	4.9	11:37	01:05	00:38