



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Menz, Gerlind

Club: NW-Team Gräfenhain
Number: 205

Course: 14.60 km
15 km - Strecke Nordic Walking

Total time: 2:48:25

Speed: 4.99 km/h

metres in height up: 398
Course score: 19.97

performance score: 107 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	10:32	00:33	00:33
Finsterbacher Pirschhaus	8.3	5.4	11:36	01:37	01:04
Finish	14.6	6.3	12:47	02:48	01:11