



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Menge, Ute

Club: Concordia Gräfenhain
Number: 112

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 3:17:28

Speed: 5.77 km/h

metres in height up: 472
Course score: 26.08

performance score: 162 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	10:01	00:30	00:30
Finsterbacher Pirschhaus	8.3	5.4	10:58	01:26	00:56
Lindenstein	16.3	8.0	12:08	02:37	01:10
Finish	19.8	3.5	12:49	03:17	00:40