



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

Detailed evaluation

Schmidt, Doris

Club: NW-Team Gräfenhain
Number: 107

Course: 19.80 km
20 km - Strecke Nordic Walking

Total time: 3:31:18

Speed: 5.40 km/h

metres in height up: 472
Course score: 26.08

performance score: 151 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	10:02	00:31	00:31
Finsterbacher Pirschhaus	8.3	5.4	11:05	01:33	01:02
Lindenstein	16.3	8.0	12:22	02:50	01:17
Finish	19.8	3.5	13:02	03:31	00:40