



### 3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

#### Detailed evaluation

Siegmund, Carmen

Club: Unterpörlitz

Number: 316

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:06:27

Speed: 6.32 km/h

metres in height up: 220

Course score: 10.30

performance score: 77 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      | 10:59       | 00:28      | 00:28      |
| Finish      | 7.7      | 4.9      | 11:37       | 01:06      | 00:37      |