



### 3. Gräfenhainer Steigerlauf

Gräfenhain / 20.07.2013

#### Detailed evaluation

Helm, Frank

Club: Mühltauf - Verein Eisenberg / Thür. e.V.  
Number: 321

Course: 7.74 km

8 km - Strecke Nordic Walking

Total time: 1:06:38

Speed: 6.30 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	00:27	00:27
Finish	7.7	4.9	11:37	01:06	00:38