



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Knaust, Jutta

Club: Kanu Wasserwandern/ Aufbau
Number: 1304

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic-Walking Frauen

Total time: 3:20:00

Speed: 6.33 km/h
Running performance: 9:29 min/km

Rank in course/Total: 4 (of 8)
Rank in course/Women: 2 (of 5)
Best time in course: 2:53:42

Rank in category: 2(of 5)
Best time in the category: 2:53:42

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.40	1:41:25	9:45	2	14:32	2	14:32	10.40	1:41:25	9:45	2	14:32	2	14:32
Last lap Finish	10.70	1:38:35	9:12	2	11:46	2	11:46	21.10	3:20:00	9:28	2	26:18	2	26:18