



3. Schlaubetal-Marathon
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt
Number: 115

Course: 10.00 km
10 km Lauf

Category:
Frauen W40

Total time: 55:40

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 49 (of 95)
Rank in course/Women: 13 (of 43)
Best time in course: 47:18

Rank in category: 3(of 7)
Best time in the category: 52:35