



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER Alkoholfrei
Number: 1301

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic-Walking Frauen

Total time: 2:49:01

Speed: 7.45 km/h
Running performance: 8:01 min/km

Rank in course/Total: 1 (of 9)
Rank in course/Women: 1 (of 7)
Best time in course: 2:49:01

Rank in category: 1(of 7)
Best time in the category: 2:49:01

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	10.60	1:23:56	7:55	1	-	1	-	10.60	1:23:56	7:55	1	-	1	-
Last lap Finish	10.50	1:25:05	8:06	1	-	1	-	21.10	2:49:01	8:00	1	-	1	-