



4. Schlaubetal-Marathon Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt
Number: 1306

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic-Walking Frauen

Total time: 3:02:40

Speed: 6.93 km/h
Running performance: 8:40 min/km

Rank in course/Total: 5 (of 9)
Rank in course/Women: 3 (of 7)
Best time in course: 2:49:01

Rank in category: 3(of 7)
Best time in the category: 2:49:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	10.60	1:32:14	8:42	3	8:18	3	8:18	10.60	1:32:14	8:42	3	8:18	3	8:18
Last lap Finish	10.50	1:30:26	8:36	3	5:21	3	5:21	21.10	3:02:40	8:39	3	13:39	3	13:39