



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Helbig, Solvejg

Club: Eisenhüttenstadt

Number: 1302

Course: 21.10 km

Halbmarathon Nordic-Walking

Category:

Nordic-Walking Frauen

Total time: 3:19:38

Speed: 6.34 km/h

Running performance: 9:28 min/km

Rank in course/Total: 7 (of 9)

Rank in course/Women: 5 (of 7)

Best time in course: 2:49:01

Rank in category: 5(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.60	1:34:51	8:56	6	10:55	6	10:55	10.60	1:34:51	8:56	5	10:55	5	10:55
Last lap Finish	10.50	1:44:47	9:58	5	19:42	5	19:42	21.10	3:19:38	9:27	5	30:37	5	30:37