



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Helbig, Christa

Club: Neuzelle / OT Henzendorf
Number: 1303

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic-Walking Frauen

Total time: 3:20:21

Speed: 6.29 km/h
Running performance: 9:30 min/km

Rank in course/Total: 8 (of 9)
Rank in course/Women: 6 (of 7)
Best time in course: 2:49:01

Rank in category: 6(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	10.60	1:34:42	8:56	5		10:46		10.60	1:34:42	8:56	6		10:46	
Last lap Finish	10.50	1:45:39	10:03	6		20:34		21.10	3:20:21	9:29	6		31:20	