



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Nauck, Heike

Club: BSG Stahl  
Number: 320

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Frauen W40

Total time: 2:01:06

Speed: 10.40 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 79 (of 130)  
Rank in course/Women: 10 (of 33)  
Best time in course: 1:37:46

Rank in category: 2(of 8)  
Best time in the category: 1:43:51

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	1:00:24	5:41	2	8:10	6	12:15	10.60	1:00:24	5:41	2	8:10	25		
Last lap Finish	10.50	1:00:42	5:46	3	9:05	13	11:05	21.10	2:01:06	5:44	2	17:15	10	23:20	