



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER Alkoholfrei  
Number: 1301

Course: 21.10 km  
Halbmarathon Nordic-Walking

Category:  
Nordic-Walking Frauen

Total time: 2:45:08

Speed: 7.63 km/h  
Running performance: 7:50 min/km

Rank in course/Total: 1 (of 9)  
Rank in course/Women: 1 (of 6)  
Best time in course: 2:45:08

Rank in category: 1(of 6)  
Best time in the category: 2:45:08

Control	Intermediate times			Stage score				Total ranking						
	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	1:21:55	7:43	1	-	1	-	10.60	1:21:55	7:43	1	-	1	-
Last lap Finish	10.50	1:23:13	7:55	1	-	1	-	21.10	2:45:08	7:49	1	-	1	-