



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER Alkoholfrei
Number: 1309

Course: 21.25 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking Frauen

Total time: 2:57:39

Speed: 7.09 km/h
Running performance: 8:22 min/km

Rank in course/Total: 2 (of 9)

Rank in course/Women: 1 (of 5)

Best time in course: 2:57:39

Rank in category: 1 (of 5)

Best time in the category: 2:57:39

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	10.70	1:24:18	7:52	1	-	1	-	10.70	1:24:18	7:52	1	-	1	-
Last lap Finish	10.55	1:33:21	8:50	1	-	1	-	21.25	2:57:39	8:21	1	-	1	-