



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt  
Number: 329

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:56:57

Speed: 10.83 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 84 (of 146)

Rank in course/Women: 8 (of 30)

Best time in course: 1:44:28

Rank in category: 1(of 4)

Best time in the category: 1:56:57

Intermediate times				Stage score				Total ranking						
Control	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	11.80	57:08	4:50	1	-	5	5:11	11.80	57:08	4:50	1	-	24	
Last lap Finish	9.30	59:49	6:25	1	-	8	8:13	21.10	1:56:57	5:32	1	-	8	12:29