



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER alkoholfrei
Number: 1309

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking Frauen

Total time: 2:49:13

Speed: 7.45 km/h
Running performance: 8:01 min/km

Rank in course/Total: 2 (of 8)
Rank in course/Women: 1 (of 4)
Best time in course: 2:49:13

Rank in category: 1(of 4)
Best time in the category: 2:49:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	11.80	1:20:55	6:51	1	-	1	-	11.80	1:20:55	6:51	1	-	1	-
Last lap Finish	9.30	1:28:18	9:29	1	-	1	-	21.10	2:49:13	8:01	1	-	1	-