



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ackermann, Harald

Club: Wustermark
Number: 1302

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking Männer

Total time: 2:56:23

Speed: 7.14 km/h
Running performance: 8:22 min/km

Rank in course/Total: 5 (of 8)

Rank in course/Men: 2 (of 4)

Best time in course: 2:43:22

Rank in category: 2(of 4)

Best time in the category: 2:43:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	11.80	1:26:59	7:22	2	6:03	2	6:03	11.80	1:26:59	7:22	2	6:03	2	6:03
Last lap Finish	9.30	1:29:24	9:36	2	6:58	2	6:58	21.10	2:56:23	8:21	2	13:01	2	13:01