



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Kruschke, Regina

Club: Eisenhüttenstadt
Number: 1304

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking Frauen

Total time: 3:02:17

Speed: 6.91 km/h
Running performance: 8:38 min/km

Rank in course/Total: 7 (of 8)
Rank in course/Women: 4 (of 4)
Best time in course: 2:49:13

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

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		Pos	Behind
	km	Time			min/km	Cat.		Cat.	Women			Women	km		
Lap 1	11.80	1:28:55	7:32	4	8:00	4	8:00	11.80	1:28:55	7:32	4	8:00	4	8:00	
Last lap Finish	9.30	1:33:22	10:02	4	5:04	4	5:04	21.10	3:02:17	8:38	4	13:04	4	13:04	