



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

JAHN, Steffen

Club: VS Hönow
Number: 1306

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking Männer

Total time: 3:46:00

Speed: 5.58 km/h
Running performance: 10:43 min/km

Rank in course/Total: 8 (of 8)

Rank in course/Men: 4 (of 4)

Best time in course: 2:43:22

Rank in category: 4(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	1:48:29	9:11	4	27:33	4	27:33	11.80	1:48:29	9:11	4	27:33	4	27:33
Last lap Finish	9.30	1:57:31	12:38	4	35:05	4	35:05	21.10	3:46:00	10:42	4	1:02:38	4	1:02:38