



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER Alkoholfrei  
Number: 1309

Course: 21.10 km  
Halbmarathon Nordic-Walking

Category:  
Nordic Walking Frauen

Total time: 2:50:58

Speed: 7.37 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 3 (of 10)  
Rank in course/Women: 1 (of 6)  
Best time in course: 2:50:58

Rank in category: 1 (of 6)  
Best time in the category: 2:50:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.60	1:23:16	7:51	1	-	1	-	10.60	1:23:16	7:51	1	-	1	-
Last lap Ziel Inse	10.50	1:27:42	8:21	1	-	1	-	21.10	2:50:58	8:06	1	-	1	-