



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt  
Number: 688

Course: 43.00 km  
Cross-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 4:33:55

Speed: 9.42 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 77 (of 117)  
Rank in course/Women: 19 (of 35)  
Best time in course: 3:34:11

Rank in category: 7(of 11)  
Best time in the category: 3:43:24

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:07:14	5:47	7	9:00	17	12:37	11.60	1:07:14	5:47	7	7:11	2	
Lap 2	9.90	1:03:30	6:24	7	10:29	18	11:36	21.50	2:10:44	6:04	7	15:55	3	
Lap 3	11.10	1:17:29	6:58	8	18:03	21	19:48	32.60	3:28:13	6:23	7	33:52	3	
Last lap Ziel Inse	10.40	1:05:42	6:19	7	16:39	17	16:39	43.00	4:33:55	6:22	7	50:31	19	59:44