



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