



9. Schlaubetalmarathon  
Eisenhüttenstadt / 17.10.2015

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt  
Number: 642

Course: 43.00 km  
Schlaubetal-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 4:20:53

Speed: 9.89 km/h

Rank in course/Total: 54 (of 105)

Rank in course/Women: 8 (of 24)

Best time in course: 3:53:28

Rank in category: 4(of 7)

Best time in the category: 3:53:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	11.60	1:04:57	10.16	3	5:19	6	5:19	11.60	1:04:57	10.16	3	5:19	6	5:19
Lap 2	9.90	59:23	9.09	3	5:28	4	5:28	21.50	2:04:20	10.13	3	10:47	5	10:47
Lap 3	11.10	1:12:55	9.05	4	7:23	9	7:23	32.60	3:17:15	9.73	3	18:10	7	18:10
Last lap Inselhall	10.40	1:03:38	9.43	5	9:15	10	9:50	43.00	4:20:53	9.89	4	27:25	8	27:25