



10. Schlaubetalmarathon
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Nauck, Heike

Club: BSG Stahl Eisenhüttenstadt
Number: 618

Course: 43.00 km
Schlaubetal-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:23:41

Speed: 9.78 km/h

Rank in course/Total: 81 (of 132)

Rank in course/Women: 9 (of 27)

Best time in course: 3:35:23

Rank in category: 3(of 8)

Best time in the category: 3:58:42

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	1:04:26	10.24	3	5:25	9	9:35	11.60	1:04:26	10.24	3	5:25	9	9:35
Lap 2	9.90	1:02:36	8.63	3	8:00	11	12:36	21.50	2:07:02	9.92	3	13:25	11	22:11
Lap 3	11.10	1:15:35	8.73	4	9:21	12	16:48	32.60	3:22:37	9.48	3	22:46	12	2:11:43
Last lap Inselhall	10.40	1:01:04	9.83	3	2:13	10	11:28	43.00	4:23:41	9.78	3	24:59	11	3:30:54