



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Berke, Sybille

Club: NSV Wernigerode
Number: 645

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 50:28

Speed: 10.70 km/h
Running performance: 5:16 min/km

Rank in course/Total: 56 (of 170)

Rank in course/Women: 11 (of 59)

Best time in course: 40:00

Rank in category: 3(of 8)

Best time in the category: 47:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Ilsestein	4.10	25:25	6:11	3	1:58	11	5:25	4.10	25:25	6:11	3	1:58	41
Loddenke	2.20	10:22	4:42	3	0:48	15	2:34	6.30	35:47	5:40	3	2:40	41
Ilseburg/Markt	3.30	14:41	4:26	3	0:42	12	2:32	9.60	50:28	5:15	3	3:22	11 10:28