



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ehret, Katja

Club: BSV Aok Leipzig
Number: 670

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 51:01

Speed: 10.58 km/h
Running performance: 5:19 min/km

Rank in course/Total: 59 (of 170)
Rank in course/Women: 12 (of 59)
Best time in course: 40:00

Rank in category: 3(of 6)
Best time in the category: 41:07

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	25:38	6:15	3	5:38	12	5:38	4.10	25:38	6:15	3	5:38	42
Loddenke	2.20	10:52	4:56	3	2:36	20	3:04	6.30	36:30	5:47	3	8:14	42
Ilseburg/Markt	3.30	14:31	4:23	2	1:40	9	2:22	9.60	51:01	5:18	3	9:54	12 11:01