



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Heise, Ruth

Club: MSV Eintracht Halberstadt
Number: 527

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 52:29

Speed: 10.29 km/h
Running performance: 5:28 min/km

Rank in course/Total: 69 (of 170)
Rank in course/Women: 13 (of 59)
Best time in course: 40:00

Rank in category: 1(of 3)
Best time in the category: 52:29

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	26:49	6:32	1	-	13	6:49	4.10	26:49	6:32	1	-	43
Loddenke	2.20	10:12	4:38	1	-	12	2:24	6.30	37:01	5:52	1	-	43
Ilseburg/Markt	3.30	15:28	4:41	1	-	15	3:19	9.60	52:29	5:28	1	-	13 12:29