



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schmidtke, Nele

Club: Großburgwedel
Number: 635

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 52:50

Speed: 10.22 km/h
Running performance: 5:30 min/km

Rank in course/Total: 71 (of 170)

Rank in course/Women: 14 (of 59)

Best time in course: 40:00

Rank in category: 3(of 11)

Best time in the category: 40:00

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	27:11	6:37	4	7:08	17	7:11	4.10	27:11	6:37	3	7:08	44
Loddenke	2.20	10:08	4:36	3	2:20	11	2:20	6.30	37:19	5:55	3	9:28	44
Ilseburg/Markt	3.30	15:31	4:42	4	3:22	18	3:22	9.60	52:50	5:30	3	12:50	14 12:50