



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Kolde, Katharina

Club: Ilsenburg
Number: 531

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 53:23

Speed: 10.12 km/h
Running performance: 5:34 min/km

Rank in course/Total: 77 (of 170)

Rank in course/Women: 17 (of 59)

Best time in course: 40:00

Rank in category: 4(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	27:00	6:35	3	6:57	14	7:00	4.10	27:00	6:35	4	6:57	47
Loddenke	2.20	10:55	4:57	4	3:07	23	3:07	6.30	37:55	6:01	4	10:04	47
Ilsenburg/Markt	3.30	15:28	4:41	3	3:19	15	3:19	9.60	53:23	5:33	4	13:23	17 13:23