



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Müller-Buchholz, Inga

Club: Pulvis Fitness Harsum
Number: 701

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 53:38

Speed: 10.07 km/h
Running performance: 5:35 min/km

Rank in course/Total: 79 (of 170)

Rank in course/Women: 18 (of 59)

Best time in course: 40:00

Rank in category: 4(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	27:23	6:40	4	7:23	22	7:23	4.10	27:23	6:40	4	7:23	48
Loddenke	2.20	11:01	5:00	4	2:45	24	3:13	6.30	38:24	6:05	4	10:08	48
Ilseburg/Markt	3.30	15:14	4:36	4	2:23	14	3:05	9.60	53:38	5:35	4	12:31	18 13:38