



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Voges, Cordula

Club: Findlay, OH
Number: 556

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 54:23

Speed: 9.93 km/h
Running performance: 5:40 min/km

Rank in course/Total: 90 (of 170)

Rank in course/Women: 21 (of 59)

Best time in course: 40:00

Rank in category: 2(of 5)

Best time in the category: 53:49

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	27:27	6:41	3	0:16	23	7:27	4.10	27:27	6:41	2	0:16	50
Loddenke	2.20	11:19	5:08	3	0:33	29	3:31	6.30	38:46	6:09	2	0:49	50
Ilseburg/Markt	3.30	15:37	4:43	1	-	19	3:28	9.60	54:23	5:39	2	0:34	21 14:23