



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hilker, Marion

Club: Blomberg Nelkenläufer
Number: 712

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 55:22

Speed: 9.75 km/h
Running performance: 5:46 min/km

Rank in course/Total: 99 (of 170)
Rank in course/Women: 23 (of 59)
Best time in course: 40:00

Rank in category: 2(of 5)
Best time in the category: 53:51

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	28:06	6:51	2	0:51	27	8:06	4.10	28:06	6:51	1	-	52
Loddenke	2.20	10:53	4:56	2	0:28	21	3:05	6.30	38:59	6:11	1	-	52
Ilseburg/Markt	3.30	16:23	4:57	2	0:12	24	4:14	9.60	55:22	5:46	2	1:31	23 15:22