



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Heinicke, Karola

Club: LG Osterwieck e.V.  
Number: 638

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 55:28

Speed: 9.74 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 100 (of 170)

Rank in course/Women: 24 (of 59)

Best time in course: 40:00

Rank in category: 1(of 11)

Best time in the category: 55:28

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	27:40	6:44	2	0:20	24	7:40	4.10	27:40	6:44	1	-	53
Loddenke	2.20	11:22	5:09	2	0:04	30	3:34	6.30	39:02	6:11	1	-	53
Ilseburg/Markt	3.30	16:26	4:58	2	0:21	26	4:17	9.60	55:28	5:46	1	-	24 15:28