



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zastrow, Theresa

Club: NSV Wernigerode
Number: 649

Course: 3.90 km
3,9 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 19:02

Speed: 9.46 km/h
Running performance: 4:53 min/km

Rank in course/Total: 10 (of 41)
Rank in course/Women: 2 (of 15)
Best time in course: 18:51

Rank in category: 1(of 5)
Best time in the category: 19:02

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	Behind Women
Prinzess Ilse Que	1.90	9:51	5:11	1	-	2	0:11	1.90	9:51	5:11	1	-	2	0:11
Ilseburg/Markt	2.00	9:11	4:35	1	-	1	-	3.90	19:02	4:52	1	-	2	0:11