



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Deriksen, Esther

Club: Avveluwe
Number: 708

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:07

Speed: 9.62 km/h
Running performance: 5:51 min/km

Rank in course/Total: 104 (of 170)

Rank in course/Women: 26 (of 59)

Best time in course: 40:00

Rank in category: 5(of 8)

Best time in the category: 47:06

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	29:04	7:05	6	5:37	31	9:04	4.10	29:04	7:05	5	5:37	55
Loddenke	2.20	11:14	5:06	5	1:40	26	3:26	6.30	40:18	6:23	5	7:11	55
Ilseburg/Markt	3.30	15:49	4:47	4	1:50	20	3:40	9.60	56:07	5:50	5	9:01	26 16:07