



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Scharun, Kerstin

Club: Elbingerode
Number: 650

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:11

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 107 (of 170)

Rank in course/Women: 27 (of 59)

Best time in course: 40:00

Rank in category: 2(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	Behind Women
Ilsestein	4.10	27:20	6:40	1	-	21	7:20	4.10	27:20	6:40	2			56
Loddenke	2.20	11:37	5:16	4	0:19	34	3:49	6.30	38:57	6:10	2			56
Ilseburg/Markt	3.30	17:14	5:13	3	1:09	32	5:05	9.60	56:11	5:51	2	0:43	27	16:11