



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bedemann, Anke

Club: Ziltendorfer Rennmäuse
Number: 565

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:20

Speed: 9.59 km/h
Running performance: 5:52 min/km

Rank in course/Total: 109 (of 170)

Rank in course/Women: 28 (of 59)

Best time in course: 40:00

Rank in category: 6(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	28:22	6:55	5	4:55	28	8:22	4.10	28:22	6:55	6	4:55	57
Loddenke	2.20	11:23	5:10	6	1:49	31	3:35	6.30	39:45	6:18	6	6:38	57
Ilseburg/Markt	3.30	16:35	5:01	5	2:36	27	4:26	9.60	56:20	5:52	6	9:14	28 16:20