



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Breithaupt, Christel

Club: Bad Segeberg
Number: 513

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 56:39

Speed: 9.53 km/h
Running performance: 5:54 min/km

Rank in course/Total: 110 (of 170)

Rank in course/Women: 29 (of 59)

Best time in course: 40:00

Rank in category: 3(of 5)

Best time in the category: 53:49

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	27:12	6:38	2	0:01	19	7:12	4.10	27:12	6:38	3	0:01	58
Loddenke	2.20	11:47	5:21	5	1:01	35	3:59	6.30	38:59	6:11	3	1:02	52
Ilseburg/Markt	3.30	17:40	5:21	4	2:03	35	5:31	9.60	56:39	5:54	3	2:50	29 16:39