



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kilian, Elke

Club: NIX tun kann JEDER
Number: 573

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 58:02

Speed: 9.30 km/h
Running performance: 6:03 min/km

Rank in course/Total: 117 (of 170)

Rank in course/Women: 31 (of 59)

Best time in course: 40:00

Rank in category: 4(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	29:38	7:13	4	2:27	35	9:38	4.10	29:38	7:13	4	2:27	16
Loddenke	2.20	11:29	5:13	4	0:43	32	3:41	6.30	41:07	6:31	4	3:10	16
Ilseburg/Markt	3.30	16:55	5:07	3	1:18	30	4:46	9.60	58:02	6:02	4	4:13	31 18:02