



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Roick, Heike

Club: Reiterhof Mück Trautenstein  
Number: 706

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 58:49

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 122 (of 170)

Rank in course/Women: 35 (of 59)

Best time in course: 40:00

Rank in category: 2(of 3)

Best time in the category: 52:29

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	30:14	7:22	2	3:25	39	10:14	4.10	30:14	7:22	2	3:25	5	
Loddenke	2.20	11:15	5:06	2	1:03	27	3:27	6.30	41:29	6:35	2	4:28	4	
Ilseburg/Markt	3.30	17:20	5:15	2	1:52	34	5:11	9.60	58:49	6:07	2	6:20	35	18:49