



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Goedecke, Franziska

Club: Veckenstedt
Number: 515

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:00:35

Speed: 9.51 km/h
Running performance: 6:19 min/km

Rank in course/Total: 132 (of 170)

Rank in course/Women: 41 (of 59)

Best time in course: 40:00

Rank in category: 7(of 11)

Best time in the category: 40:00

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	30:04	7:20	6	10:01	38	10:04	4.10	30:04	7:20	7	10:01	11
Loddenke	2.20	12:02	5:28	6	4:14	38	4:14	6.30	42:06	6:40	7	14:15	11
Ilseburg/Markt	3.30	18:29	5:36	9	6:20	46	6:20	9.60	1:00:35	6:18	7	20:35	41 20:35