



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kühne, Andrea

Club: könig-fitness Ilseburg
Number: 584

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:24

Speed: 9.38 km/h
Running performance: 6:24 min/km

Rank in course/Total: 138 (of 170)

Rank in course/Women: 42 (of 59)

Best time in course: 40:00

Rank in category: 4(of 11)

Best time in the category: 55:28

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	31:35	7:42	5	4:15	44	11:35	4.10	31:35	7:42	4	3:55	12
Loddenke	2.20	11:31	5:14	3	0:13	33	3:43	6.30	43:06	6:50	4	4:04	12
Ilseburg/Markt	3.30	18:18	5:32	5	2:13	44	6:09	9.60	1:01:24	6:23	4	5:56	42 21:24