



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hertel, Grit

Club: Eisenhüttenstadt
Number: 557

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:59

Speed: 8.71 km/h
Running performance: 6:28 min/km

Rank in course/Total: 141 (of 170)

Rank in course/Women: 45 (of 59)

Best time in course: 40:00

Rank in category: 5(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	31:10	7:36	4	3:50	43	11:10	4.10	31:10	7:36	5	3:30	15
Loddenke	2.20	12:25	5:38	6	1:07	42	4:37	6.30	43:35	6:55	5	4:33	15
Ilseburg/Markt	3.30	18:24	5:34	6	2:19	45	6:15	9.60	1:01:59	6:27	5	6:31	45 21:59