



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Decker, Wenke

Club: Thale  
Number: 662

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:03:10

Speed: 8.55 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 147 (of 170)

Rank in course/Women: 46 (of 59)

Best time in course: 40:00

Rank in category: 6(of 11)

Best time in the category: 55:28

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 32:06         | 7:49            | 6           | 4:46           | 48           | 12:06           | 4.10          | 32:06         | 7:49            | 6           | 4:26           | 1            | -               |
| Loddenke       | 2.20        | 12:21         | 5:36            | 5           | 1:03           | 40           | 4:33            | 6.30          | 44:27         | 7:03            | 6           | 5:25           | 1            | -               |
| Ilseburg/Markt | 3.30        | 18:43         | 5:40            | 7           | 2:38           | 48           | 6:34            | 9.60          | 1:03:10       | 6:34            | 6           | 7:42           | 46           | 23:10           |