



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Knoche, Annelie

Club: Landsberg
Number: 544

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:03:37

Speed: 8.49 km/h
Running performance: 6:38 min/km

Rank in course/Total: 149 (of 170)

Rank in course/Women: 47 (of 59)

Best time in course: 40:00

Rank in category: 9(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	Behind Women
Ilsestein	4.10	32:46	7:59	10	12:43	49	12:46	4.10	32:46	7:59	9	12:43	17	0:40
Loddenke	2.20	12:59	5:54	7	5:11	46	5:11	6.30	45:45	7:15	9	17:54	17	1:18
Ilseburg/Markt	3.30	17:52	5:24	6	5:43	37	5:43	9.60	1:03:37	6:37	9	23:37	47	23:37