



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Brandt, Maria

Club: Menden
Number: 514

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:06

Speed: 8.29 km/h
Running performance: 6:47 min/km

Rank in course/Total: 152 (of 170)

Rank in course/Women: 49 (of 59)

Best time in course: 40:00

Rank in category: 3(of 5)

Best time in the category: 53:51

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	31:57	7:47	3	4:42	47	11:57	4.10	31:57	7:47	2	3:51	19	
Loddenke	2.20	14:18	6:30	4	3:53	52	6:30	6.30	46:15	7:20	2	7:16	19	1:48
Ilseburg/Markt	3.30	18:51	5:42	3	2:40	49	6:42	9.60	1:05:06	6:46	3	11:15	49	25:06