



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Max, Andrea

Club: NIX tun kann JEDER
Number: 574

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:51

Speed: 8.20 km/h
Running performance: 6:52 min/km

Rank in course/Total: 153 (of 170)

Rank in course/Women: 50 (of 59)

Best time in course: 40:00

Rank in category: 4(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	34:01	8:17	4	6:46	54	14:01	4.10	34:01	8:17	3	5:55	20	1:55
Loddenke	2.20	12:24	5:38	3	1:59	41	4:36	6.30	46:25	7:22	3	7:26	20	1:58
Ilseburg/Markt	3.30	19:26	5:53	4	3:15	50	7:17	9.60	1:05:51	6:51	4	12:00	50	25:51