



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Heinicke, Beatrice

Club: Wandlitz
Number: 509

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:08:27

Speed: 7.89 km/h
Running performance: 7:08 min/km

Rank in course/Total: 158 (of 170)

Rank in course/Women: 51 (of 59)

Best time in course: 40:00

Rank in category: 8(of 8)

Best time in the category: 47:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	33:25	8:09	8	9:58	51	13:25	4.10	33:25	8:09	8	9:58	21	1:19
Loddenke	2.20	15:17	6:56	8	5:43	57	7:29	6.30	48:42	7:43	8	15:35	22	4:15
Ilseburg/Markt	3.30	19:45	5:59	8	5:46	51	7:36	9.60	1:08:27	7:07	8	21:21	51	28:27