



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zimmermann, Uta

Club: Hannover
Number: 501

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:09:42

Speed: 7.75 km/h
Running performance: 7:16 min/km

Rank in course/Total: 161 (of 170)

Rank in course/Women: 53 (of 59)

Best time in course: 40:00

Rank in category: 9(of 11)

Best time in the category: 55:28

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	33:43	8:13	9	6:23	53	13:43	4.10	33:43	8:13	9	6:03	23	1:37
Loddenke	2.20	14:53	6:45	10	3:35	54	7:05	6.30	48:36	7:42	9	9:34	23	4:09
Ilseburg/Markt	3.30	21:06	6:23	11	5:01	58	8:57	9.60	1:09:42	7:15	9	14:14	53	29:42