



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Hentsch, Anne-Kathrin

Club: SV Hermsdorf  
Number: 695

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:31

Speed: 7.66 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 163 (of 170)

Rank in course/Women: 54 (of 59)

Best time in course: 40:00

Rank in category: 10(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	35:33	8:40	10	8:13	55	15:33	4.10	35:33	8:40	10	7:53	24	3:27
Loddenke	2.20	13:57	6:20	8	2:39	50	6:09	6.30	49:30	7:51	10	10:28	24	5:03
Ilseburg/Markt	3.30	21:01	6:22	10	4:56	57	8:52	9.60	1:10:31	7:20	10	15:03	54	30:31