



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sattler, Alexandra

Club: Fahrschule Sattler
Number: 526

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:37

Speed: 7.65 km/h
Running performance: 7:22 min/km

Rank in course/Total: 164 (of 170)

Rank in course/Women: 55 (of 59)

Best time in course: 40:00

Rank in category: 11(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	35:54	8:45	11	8:34	57	15:54	4.10	35:54	8:45	11	8:14	25	3:48
Loddenke	2.20	14:13	6:27	9	2:55	51	6:25	6.30	50:07	7:57	11	11:05	25	5:40
Ilseburg/Markt	3.30	20:30	6:12	9	4:25	53	8:21	9.60	1:10:37	7:21	11	15:09	55	30:37