



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Strohmeyer, Monique-Juliette

Club: Hannover  
Number: 511

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:11:06

Speed: 7.59 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 166 (of 170)

Rank in course/Women: 57 (of 59)

Best time in course: 40:00

Rank in category: 11(of 11)

Best time in the category: 40:00

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	35:35	8:40	11	15:32	56	15:35	4.10	35:35	8:40	11	15:32	27	3:29
Loddenke	2.20	14:48	6:43	10	7:00	53	7:00	6.30	50:23	7:59	11	22:32	27	5:56
Ilseburg/Markt	3.30	20:43	6:16	11	8:34	55	8:34	9.60	1:11:06	7:24	11	31:06	57	31:06