



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Albrecht, Birgit

Club: Menden  
Number: 586

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:12:58

Speed: 7.40 km/h  
Running performance: 7:36 min/km

Rank in course/Total: 168 (of 170)

Rank in course/Women: 58 (of 59)

Best time in course: 40:00

Rank in category: 5(of 5)

Best time in the category: 53:51

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	36:18	8:51	5	9:03	58	16:18	4.10	36:18	8:51	4	8:12	28	4:12
Loddenke	2.20	15:00	6:49	5	4:35	55	7:12	6.30	51:18	8:08	4	12:19	28	6:51
Ilseburg/Markt	3.30	21:40	6:33	5	5:29	59	9:31	9.60	1:12:58	7:36	5	19:07	58	32:58