



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Liedtke, Renate

Club: Gaensefurther Sportbewegung  
Number: 572

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 1:15:51

Speed: 7.12 km/h  
Running performance: 7:54 min/km

Rank in course/Total: 169 (of 170)

Rank in course/Women: 59 (of 59)

Best time in course: 40:00

Rank in category: 3(of 3)

Best time in the category: 52:29

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	38:51	9:28	3	12:02	59	18:51	4.10	38:51	9:28	3	12:02	29	6:45
Loddenke	2.20	16:10	7:20	3	5:58	58	8:22	6.30	55:01	8:43	3	18:00	29	10:34
Ilseburg/Markt	3.30	20:50	6:18	3	5:22	56	8:41	9.60	1:15:51	7:54	3	23:22	59	35:51