



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Asztemborska, Zuzanna

Club: ECCO Better Running Club  
Number: 293

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 2:11:42

Speed: 11.85 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 44 (of 456)

Rank in course/Women: 1 (of 57)

Best time in course: 2:11:42

Rank in category: 1(of 4)

Best time in the category: 2:11:42

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	15:43	4:45	1	-	2	0:02	3.30	15:43	4:45	1	-	44	
Schlüsie	3.10	17:24	5:36	1	-	1	-	6.40	33:07	5:10	1	-	44	
Hermannsklippe	2.60	15:16	5:52	1	-	1	-	9.00	48:23	5:22	1	-	44	
Brocken	3.10	24:47	7:59	1	-	2	0:22	12.10	1:13:10	6:02	1	-	44	
Eiserner Handwe	3.60	16:02	4:27	2	0:11	3	0:11	15.70	1:29:12	5:40	1	-	44	
Schlüsie	4.10	15:25	3:45	2	1:02	5	1:02	19.80	1:44:37	5:17	1	-	44	
Loddenke	3.10	13:04	4:12	2	0:24	5	0:49	22.90	1:57:41	5:08	1	-	44	
Ilseburg/Markt	3.30	14:01	4:14	2	0:18	3	0:41	26.20	2:11:42	5:01	1	-	1	-