



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zivkov, Meri

Club: Laufftreff Ilseburg/Lahstedt
Number: 364

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:30:34

Speed: 10.36 km/h
Running performance: 5:45 min/km

Rank in course/Total: 152 (of 456)

Rank in course/Women: 9 (of 57)

Best time in course: 2:11:42

Rank in category: 2(of 11)

Best time in the category: 2:25:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Loddenke	3.30	18:27	5:35	2	1:24	11	2:46	3.30	18:27	5:35	2	1:24	38		
Schlüsie	3.10	19:50	6:23	2	0:35	10	2:26	6.40	38:17	5:58	2	1:59	38		
Hermannsklippe	2.60	17:18	6:39	2	0:10	8	2:02	9.00	55:35	6:10	2	2:09	38		
Brocken	3.10	29:32	9:31	2	0:29	9	5:07	12.10	1:25:07	7:02	2	2:38	38		
Eiserner Handwe	3.60	17:53	4:58	2	0:38	11	2:02	15.70	1:43:00	6:33	2	3:16	38		
Schlüsie	4.10	17:11	4:11	2	0:31	10	2:48	19.80	2:00:11	6:04	2	3:47	38		
Loddenke	3.10	14:30	4:40	2	0:52	12	2:15	22.90	2:14:41	5:52	2	4:39	38		
Ilseburg/Markt	3.30	15:53	4:48	2	0:49	14	2:33	26.20	2:30:34	5:44	2	5:28	9	18:52	