



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Beims, Indra

Club: Abbenrode
Number: 576

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 23:41

Speed: 7.60 km/h
Running performance: 6:04 min/km

Rank in course/Total: 34 (of 41)
Rank in course/Women: 9 (of 15)
Best time in course: 18:51

Rank in category: 2(of 2)
Best time in the category: 18:51

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
Prinzess Ilse Que	1.90	12:05	6:21	2	2:25	9	2:25	1.90	12:05	6:21	2	2:25	9	2:25
Ilsenburg/Markt	2.00	11:36	5:47	2	2:25	9	2:25	3.90	23:41	6:04	2	4:50	9	4:50