



43. Brockenlauf  
Ilsenburg / 07.09.2013

Detailed evaluation

Friedrich, Ilka

Club: LC Blueliner  
Number: 474

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 2:41:32

Speed: 9.66 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 229 (of 456)

Rank in course/Women: 19 (of 57)

Best time in course: 2:11:42

Rank in category: 3(of 11)

Best time in the category: 2:25:06

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
Loddenke	3.30	19:49	6:00	6	2:46	22	4:08	3.30	19:49	6:00	3	2:46	48
Schlüsie	3.10	20:44	6:41	3	1:29	14	3:20	6.40	40:33	6:20	3	4:15	48
Hermannsklippe	2.60	19:19	7:25	4	2:11	21	4:03	9.00	59:52	6:39	3	6:26	48
Brocken	3.10	31:38	10:12	4	2:35	18	7:13	12.10	1:31:30	7:33	3	9:01	48
Eiserner Handwe	3.60	19:37	5:26	4	2:22	25	3:46	15.70	1:51:07	7:04	3	11:23	48
Schlüsie	4.10	19:40	4:47	6	3:00	29	5:17	19.80	2:10:47	6:36	3	14:23	48
Loddenke	3.10	14:36	4:42	3	0:58	15	2:21	22.90	2:25:23	6:20	3	15:21	48
Ilsenburg/Markt	3.30	16:09	4:53	3	1:05	15	2:49	26.20	2:41:32	6:09	3	16:26	19 29:50