



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Scheide, Ruth

Club: Kallmerode  
Number: 977

Course: 9.60 km  
9,6 km - Wanderung

Category:  
Frauen

Total time: 1:32:01

Speed: 5.87 km/h  
Running performance: 9:35 min/km

Rank in course/Total: 13 (of 20)  
Rank in course/Women: 6 (of 10)  
Best time in course: 1:18:06

Rank in category: 6(of 10)  
Best time in the category: 1:18:06

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	Behind Women
Ilsestein	4.10	42:41	10:24	9	7:00	9	7:00	4.10	42:41	10:24	6	7:00	6	7:00
Loddenke	2.20	20:00	9:05	4	3:04	4	3:04	6.30	1:02:41	9:56	6	10:04	6	10:04
Ilseburg/Markt	3.30	29:20	8:53	5	3:51	5	3:51	9.60	1:32:01	9:35	6	13:55	6	13:55