



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Frieling, Agnes

Club: Harvixbeck
Number: 681

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 27:16

Speed: 8.58 km/h
Running performance: 6:59 min/km

Rank in course/Total: 38 (of 41)
Rank in course/Women: 12 (of 15)
Best time in course: 18:51

Rank in category: 2(of 3)
Best time in the category: 22:16

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	14:40	7:43	3	2:38	14	5:00	1.90	14:40	7:43	2	2:38	12	5:00
Ilseburg/Markt	2.00	12:36	6:17	2	2:22	10	3:25	3.90	27:16	6:59	2	5:00	12	8:25