



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Marquardt, Sandra

Club: SV Rot-Weiß Abbenrode
Number: 529

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:11

Speed: 8.02 km/h
Running performance: 7:29 min/km

Rank in course/Total: 40 (of 41)
Rank in course/Women: 14 (of 15)
Best time in course: 18:51

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

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
Prinzess Ilse Que	1.90	14:34	7:40	2	2:32	13	4:54	1.90	14:34	7:40	3	2:32	14	4:54
Ilseburg/Markt	2.00	14:37	7:18	3	4:23	14	5:26	3.90	29:11	7:28	3	6:55	14	10:20