



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Graf, Ingrid

Club: LWV Potsdam
Number: 522

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 32:35

Speed: 7.18 km/h
Running performance: 8:21 min/km

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

Rank in category: 1(of 1)
Best time in the category: 32:35

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	16:52	8:52	1	-	15	7:12	1.90	16:52	8:52	1	-	15	7:12
Ilseburg/Markt	2.00	15:43	7:51	1	-	15	6:32	3.90	32:35	8:21	1	-	15	13:44