



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Damrau, Antje

Club: Harz-Gebirgslauf Wernigerode
Number: 600

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 41:07

Speed: 13.13 km/h
Running performance: 4:17 min/km

Rank in course/Total: 11 (of 170)

Rank in course/Women: 2 (of 59)

Best time in course: 40:00

Rank in category: 1(of 6)

Best time in the category: 41:07

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
Ilsestein	4.10	20:00	4:52	1	-	1	-	4.10	20:00	4:52	1	-	32
Loddenke	2.20	8:16	3:45	1	-	2	0:28	6.30	28:16	4:29	1	-	32
Ilseburg/Markt	3.30	12:51	3:53	1	-	2	0:42	9.60	41:07	4:16	1	-	2 1:07