



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Dörre, Katja

Club: Meppen
Number: 516

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 44:49

Speed: 12.05 km/h
Running performance: 4:40 min/km

Rank in course/Total: 22 (of 170)

Rank in course/Women: 5 (of 59)

Best time in course: 40:00

Rank in category: 2(of 11)

Best time in the category: 40:00

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	21:54	5:20	2	1:51	5	1:54	4.10	21:54	5:20	2	1:51	35
Loddenke	2.20	9:11	4:10	2	1:23	5	1:23	6.30	31:05	4:56	2	3:14	35
Ilseburg/Markt	3.30	13:44	4:09	2	1:35	6	1:35	9.60	44:49	4:40	2	4:49	5 4:49