



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Herbst, Simone

Club: SV Lok Blankenburg 1949 e.V.
Number: 532

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:06

Speed: 11.46 km/h
Running performance: 4:55 min/km

Rank in course/Total: 34 (of 170)

Rank in course/Women: 7 (of 59)

Best time in course: 40:00

Rank in category: 1(of 8)

Best time in the category: 47:06

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	23:27	5:43	1	-	6	3:27	4.10	23:27	5:43	1	-	37
Loddenke	2.20	9:40	4:23	2	0:06	10	1:52	6.30	33:07	5:15	1	-	36
Ilseburg/Markt	3.30	13:59	4:14	1	-	8	1:50	9.60	47:06	4:54	1	-	7 7:06