



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Hoeft, Laura

Club: Herzberg am Harz  
Number: 631

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 53:04

Speed: 10.85 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 71 (of 175)

Rank in course/Women: 11 (of 56)

Best time in course: 40:35

Rank in category: 3(of 5)

Best time in the category: 50:23

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	27:00	6:35	3	2:06	12	7:07	4.10	27:00	6:35	3	2:06	39
Loddenke	2.20	10:53	4:56	3	0:19	11	2:45	6.30	37:53	6:00	3	2:25	39
Ilseburg/Markt	3.30	15:11	4:36	2	0:16	9	2:37	9.60	53:04	5:31	3	2:41	11 12:29