



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schierhorn, Christiane

Club: Harz-Gebirgslauf Wernigerode
Number: 576

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 53:41

Speed: 10.06 km/h
Running performance: 5:35 min/km

Rank in course/Total: 74 (of 175)
Rank in course/Women: 12 (of 56)
Best time in course: 40:35

Rank in category: 1(of 5)
Best time in the category: 53:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	27:04	6:36	1	-	13	7:11	4.10	27:04	6:36	1	-	40	
Loddenke	2.20	10:44	4:52	1	-	10	2:36	6.30	37:48	6:00	1	-	40	
Ilseburg/Markt	3.30	15:53	4:48	1	-	13	3:19	9.60	53:41	5:35	1	-	12	13:06