



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Derksen, Esther

Club: AV Veluwe
Number: 688

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:25

Speed: 9.92 km/h
Running performance: 5:40 min/km

Rank in course/Total: 81 (of 175)
Rank in course/Women: 14 (of 56)
Best time in course: 40:35

Rank in category: 3(of 6)
Best time in the category: 46:32

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	27:25	6:41	3	4:17	14	7:32	4.10	27:25	6:41	3	4:17	42
Loddenke	2.20	11:34	5:15	4	2:10	18	3:26	6.30	38:59	6:11	3	6:27	42
Ilseburg/Markt	3.30	15:26	4:40	3	1:36	11	2:52	9.60	54:25	5:40	3	7:53	14 13:50