



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Urbach, Katrin

Club: SG Holzheim
Number: 567

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 57:10

Speed: 9.45 km/h
Running performance: 5:57 min/km

Rank in course/Total: 99 (of 175)

Rank in course/Women: 18 (of 56)

Best time in course: 40:35

Rank in category: 1(of 7)

Best time in the category: 57:10

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Ilsestein | 4.10 | 28:53 | 7:02 | 1 | - | 21 | 9:00 | 4.10 | 28:53 | 7:02 | 1 | - | 10 | |
| Loddenke | 2.20 | 11:35 | 5:15 | 1 | - | 19 | 3:27 | 6.30 | 40:28 | 6:25 | 1 | - | 46 | |
| Ilseburg/Markt | 3.30 | 16:42 | 5:03 | 1 | - | 16 | 4:08 | 9.60 | 57:10 | 5:57 | 1 | - | 18 | 16:35 |