



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Pape, Ute

Club: Dasseler SC
Number: 633

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 57:13

Speed: 9.44 km/h
Running performance: 5:58 min/km

Rank in course/Total: 100 (of 175)

Rank in course/Women: 19 (of 56)

Best time in course: 40:35

Rank in category: 7(of 16)

Best time in the category: 44:23

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
Ilsestein	4.10	28:27	6:56	6	6:16	18	8:34	4.10	28:27	6:56	7	6:16	47
Loddenke	2.20	11:53	5:24	8	3:19	24	3:45	6.30	40:20	6:24	7	9:35	47
Ilseburg/Markt	3.30	16:53	5:06	6	3:15	20	4:19	9.60	57:13	5:57	7	12:50	19 16:38