



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Ebenau, Ellen

Club: Treffurt - OT Falken  
Number: 524

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 57:58

Speed: 9.32 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 115 (of 175)

Rank in course/Women: 22 (of 56)

Best time in course: 40:35

Rank in category: 8(of 16)

Best time in the category: 44:23

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	28:45	7:00	7	6:34	19	8:52	4.10	28:45	7:00	8	6:34	50
Loddenke	2.20	12:00	5:27	9	3:26	26	3:52	6.30	40:45	6:28	8	10:00	50
Ilseburg/Markt	3.30	17:13	5:13	9	3:35	26	4:39	9.60	57:58	6:02	8	13:35	22 17:23