



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Kresin, Mandy

Club: Magdeburg  
Number: 565

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 58:44

Speed: 9.81 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 120 (of 175)

Rank in course/Women: 23 (of 56)

Best time in course: 40:35

Rank in category: 4(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     | 30:00      | 7:19         | 5           | 6:52        | 35        | 10:07        | 4.10          | 30:00      | 7:19         | 4        | 6:52        | 52        |
| Loddenke       | 2.20     | 11:30      | 5:13         | 3           | 2:06        | 17        | 3:22         | 6.30          | 41:30      | 6:35         | 4        | 8:58        | 52        |
| Ilseburg/Markt | 3.30     | 17:14      | 5:13         | 4           | 3:24        | 28        | 4:40         | 9.60          | 58:44      | 6:07         | 4        | 12:12       | 24 18:09  |