



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Illgen, Ilona

Number: 694

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 58:59

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 123 (of 175)

Rank in course/Women: 24 (of 56)

Best time in course: 40:35

Rank in category: 5(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	Behind Women
Ilsestein	4.10	29:25	7:10	4	6:17	25	9:32	4.10	29:25	7:10	5	6:17	53	
Loddenke	2.20	12:06	5:29	5	2:42	28	3:58	6.30	41:31	6:35	5	8:59	53	
Ilseburg/Markt	3.30	17:28	5:17	5	3:38	31	4:54	9.60	58:59	6:08	5	12:27	25	18:24