



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Rudolph, Silke

Club: Berlin  
Number: 535

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 59:22

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 128 (of 175)

Rank in course/Women: 27 (of 56)

Best time in course: 40:35

Rank in category: 9(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	30:42	7:29	11	8:31	38	10:49	4.10	30:42	7:29	9	8:31	56
Loddenke	2.20	11:36	5:16	7	3:02	21	3:28	6.30	42:18	6:42	9	11:33	56
Ilseburg/Markt	3.30	17:04	5:10	8	3:26	22	4:30	9.60	59:22	6:11	9	14:59	28 18:47