



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Liebecke, Isabel

Club: könig-fitness Ilseburg
Number: 560

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 59:35

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 131 (of 175)

Rank in course/Women: 29 (of 56)

Best time in course: 40:35

Rank in category: 4(of 5)

Best time in the category: 50:23

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	29:50	7:16	4	4:56	34	9:57	4.10	29:50	7:16	4	4:56	15
Loddenke	2.20	12:04	5:29	4	1:30	27	3:56	6.30	41:54	6:39	4	6:26	15
Ilseburg/Markt	3.30	17:41	5:21	4	2:46	35	5:07	9.60	59:35	6:12	4	9:12	30 19:00