



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Molke, Caroline

Number: 706

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:36

Speed: 9.06 km/h

Running performance: 6:13 min/km

Rank in course/Total: 132 (of 175)

Rank in course/Women: 30 (of 56)

Best time in course: 40:35

Rank in category: 3(of 5)

Best time in the category: 40:35

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	29:46	7:15	3	9:53	31	9:53	4.10	29:46	7:15	3	9:53	2	
Loddenke	2.20	12:19	5:35	4	4:11	33	4:11	6.30	42:05	6:40	3	14:04	2	
Ilseburg/Markt	3.30	17:31	5:18	3	4:57	33	4:57	9.60	59:36	6:12	3	19:01	31	19:01