



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bedemann, Anke

Club: Ziltendorf
Number: 563

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 59:30

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 129 (of 175)

Rank in course/Women: 28 (of 56)

Best time in course: 40:35

Rank in category: 10(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	29:28	7:11	9	7:17	26	9:35	4.10	29:28	7:11	10	7:17	3
Loddenke	2.20	12:13	5:33	11	3:39	31	4:05	6.30	41:41	6:36	10	10:56	3
Ilseburg/Markt	3.30	17:49	5:23	10	4:11	36	5:15	9.60	59:30	6:11	10	15:07	29 18:55