



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Zipper, Karin

Club: Langenhagen
Number: 536

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 59:48

Speed: 9.03 km/h
Running performance: 6:14 min/km

Rank in course/Total: 134 (of 175)

Rank in course/Women: 32 (of 56)

Best time in course: 40:35

Rank in category: 2(of 7)

Best time in the category: 57:10

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	29:18	7:08	2	0:25	24	9:25	4.10	29:18	7:08	2	0:25	6
Loddenke	2.20	13:17	6:02	3	1:42	44	5:09	6.30	42:35	6:45	2	2:07	6
Ilseburg/Markt	3.30	17:13	5:13	2	0:31	26	4:39	9.60	59:48	6:13	2	2:38	33 19:13