



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Genge, Silke

Club: Langeln
Number: 521

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:56

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 153 (of 175)

Rank in course/Women: 39 (of 56)

Best time in course: 40:35

Rank in category: 12(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	Behind Women
Ilsestein	4.10	31:28	7:40	12	9:17	42	11:35	4.10	31:28	7:40	12	9:17	12	0:20
Loddenke	2.20	12:33	5:42	12	3:59	34	4:25	6.30	44:01	6:59	12	13:16	12	
Ilseburg/Markt	3.30	17:55	5:25	12	4:17	42	5:21	9.60	1:01:56	6:27	12	17:33	40	21:21