



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Riesen, Viktoria

Club: Bovenden
Number: 518

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:11:39

Speed: 7.54 km/h
Running performance: 7:28 min/km

Rank in course/Total: 165 (of 175)

Rank in course/Women: 48 (of 56)

Best time in course: 40:35

Rank in category: 6(of 6)

Best time in the category: 46:32

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	35:44	8:42	6	12:36	49	15:51	4.10	35:44	8:42	6	12:36	21	4:36
Loddenke	2.20	15:44	7:09	6	6:20	53	7:36	6.30	51:28	8:10	6	18:56	21	7:07
Ilseburg/Markt	3.30	20:11	6:06	6	6:21	49	7:37	9.60	1:11:39	7:27	6	25:07	49	31:04