



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Eggert, Monika

Club: Lg Haeder  
Number: 661

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:11:39

Speed: 8.04 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 166 (of 175)

Rank in course/Women: 114 (of 56)

Best time in course: 33:35

Rank in category: 9(of 5)

Best time in the category: 51:45

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 36:02         | 8:47            | 5           | 8:58           | 50           | 16:09           | 4.10          | 36:02         | 8:47            | 5           | 8:58           | 22           | 4:54            |
| Loddenke       | 2.20        | 15:23         | 6:59            | 5           | 4:39           | 50           | 7:15            | 6.30          | 51:25         | 8:09            | 5           | 13:37          | 22           | 7:04            |
| Ilseburg/Markt | 3.30        | 20:14         | 6:07            | 5           | 4:21           | 50           | 7:40            | 9.60          | 1:11:39       | 7:27            | 5           | 17:58          | 49           | 31:04           |