



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Forstenbacher, Sibylle

Club: Triathlonfreunde Wittenberg
Number: 512

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:12:20

Speed: 7.47 km/h
Running performance: 7:32 min/km

Rank in course/Total: 168 (of 175)

Rank in course/Women: 49 (of 56)

Best time in course: 40:35

Rank in category: 16(of 16)

Best time in the category: 44:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	36:38	8:56	16	14:27	51	16:45	4.10	36:38	8:56	16	14:27	23	5:30
Loddenke	2.20	15:35	7:04	16	7:01	52	7:27	6.30	52:13	8:17	16	21:28	23	7:52
Ilseburg/Markt	3.30	20:07	6:05	15	6:29	48	7:33	9.60	1:12:20	7:32	16	27:57	51	31:45