



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Plump, Rosemarie

Club: Wardow
Number: 605

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:13:35

Speed: 7.34 km/h
Running performance: 7:40 min/km

Rank in course/Total: 170 (of 175)

Rank in course/Women: 51 (of 56)

Best time in course: 40:35

Rank in category: 6(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	Behind Women
Ilsestein	4.10	37:26	9:07	5	8:33	52	17:33	4.10	37:26	9:07	6	8:33	25	6:18
Loddenke	2.20	15:18	6:57	5	3:43	49	7:10	6.30	52:44	8:22	6	12:16	25	8:23
Ilseburg/Markt	3.30	20:51	6:19	5	4:09	52	8:17	9.60	1:13:35	7:39	6	16:25	53	33:00