



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sebach, Hanna

Club: Weserpeser
Number: 643

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:14:21

Speed: 7.75 km/h
Running performance: 7:44 min/km

Rank in course/Total: 171 (of 175)

Rank in course/Women: 52 (of 56)

Best time in course: 40:35

Rank in category: 1(of 1)

Best time in the category: 1:14:21

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	1	-	52	17:33	4.10	37:26	9:07	1	-	25	6:18
Loddenke	2.20	15:49	7:11	1	-	54	7:41	6.30	53:15	8:27	1	-	26	8:54
Ilseburg/Markt	3.30	21:06	6:23	1	-	54	8:32	9.60	1:14:21	7:44	1	-	54	33:46