



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Damrau, Antje

Club: Harz-Gebirgslauf Wernigerode  
Number: 629

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 40:35

Speed: 13.31 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 6 (of 175)

Rank in course/Women: 1 (of 56)

Best time in course: 40:35

Rank in category: 1(of 5)

Best time in the category: 40:35

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
Ilsestein	4.10	19:53	4:50	1	-	1	-	4.10	19:53	4:50	1	-	43
Loddenke	2.20	8:08	3:41	1	-	1	-	6.30	28:01	4:26	1	-	43
Ilseburg/Markt	3.30	12:34	3:48	1	-	1	-	9.60	40:35	4:13	1	-	1