



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode  
Number: 590

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 44:23

Speed: 12.17 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 19 (of 175)

Rank in course/Women: 2 (of 56)

Best time in course: 40:35

Rank in category: 1(of 16)

Best time in the category: 44:23

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	22:11	5:24	1	-	2	2:18	4.10	22:11	5:24	1	-	30
Loddenke	2.20	8:34	3:53	1	-	2	0:26	6.30	30:45	4:52	1	-	30
Ilseburg/Markt	3.30	13:38	4:07	1	-	2	1:04	9.60	44:23	4:37	1	-	2 3:48