



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Herbst, Simone

Club: SV Lok Blankenburg 1949 e.V.
Number: 532

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:37

Speed: 11.34 km/h
Running performance: 4:58 min/km

Rank in course/Total: 36 (of 175)

Rank in course/Women: 4 (of 56)

Best time in course: 40:35

Rank in category: 2(of 6)

Best time in the category: 46:32

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	24:21	5:56	2	1:13	4	4:28	4.10	24:21	5:56	2	1:13	32
Loddenke	2.20	9:26	4:17	2	0:02	4	1:18	6.30	33:47	5:21	2	1:15	32
Ilseburg/Markt	3.30	13:50	4:11	1	-	3	1:16	9.60	47:37	4:57	2	1:05	4 7:02