



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Zeh, Katja

Club: Waldläufer Bad Salzdetfurth
Number: 90

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:24:46

Speed: 10.78 km/h
Running performance: 5:32 min/km

Rank in course/Total: 147 (of 426)

Rank in course/Women: 7 (of 55)

Best time in course: 2:09:06

Rank in category: 1(of 5)

Best time in the category: 2:24:46

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Loddenke | 3.30 | 20:34 | 6:13 | 3 | 2:05 | 33 | 5:09 | 3.30 | 20:34 | 6:13 | 1 | - | 3 | |
| Schlüsie | 3.10 | 19:36 | 6:19 | 2 | 0:28 | 9 | 2:23 | 6.40 | 40:10 | 6:16 | 1 | - | 35 | |
| Hermannsklippe | 2.60 | 16:42 | 6:25 | 1 | - | 5 | 1:05 | 9.00 | 56:52 | 6:19 | 1 | - | 35 | |
| Brocken | 3.10 | 24:29 | 7:53 | 1 | - | 1 | - | 12.10 | 1:21:21 | 6:43 | 1 | - | 34 | |
| Eiserner Handwe | 3.60 | 17:42 | 4:54 | 1 | - | 7 | 3:02 | 15.70 | 1:39:03 | 6:18 | 1 | - | 34 | |
| Schlüsie | 4.10 | 15:38 | 3:48 | 1 | - | 5 | 1:16 | 19.80 | 1:54:41 | 5:47 | 1 | - | 35 | |
| Loddenke | 3.10 | 13:42 | 4:25 | 2 | 1:18 | 12 | 4:22 | 22.90 | 2:08:23 | 5:36 | 1 | - | 35 | |
| Ilseburg/Markt | 3.30 | 16:23 | 4:57 | 3 | 1:44 | 20 | 2:54 | 26.20 | 2:24:46 | 5:31 | 1 | - | 7 | 15:40 |