



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