



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Frey, Marina

Club: MTV Braunschweig
Number: 451

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:34:22

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 220 (of 426)

Rank in course/Women: 16 (of 55)

Best time in course: 2:09:06

Rank in category: 3(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	18:58	5:44	2	0:29	18	3:33	3.30	18:58	5:44	3		44	
Schlüsie	3.10	20:29	6:36	3	1:21	15	3:16	6.40	39:27	6:09	3		44	
Hermannsklippe	2.60	18:36	7:09	3	1:54	15	2:59	9.00	58:03	6:26	3	1:11	44	
Brocken	3.10	30:02	9:41	3	5:33	16	5:33	12.10	1:28:05	7:16	3	6:44	43	
Eiserner Handwe	3.60	18:10	5:02	3	0:28	13	3:30	15.70	1:46:15	6:46	3	7:12	43	
Schlüsie	4.10	17:49	4:20	3	2:11	20	3:27	19.80	2:04:04	6:15	3	9:23	44	
Loddenke	3.10	14:19	4:37	3	1:55	16	4:59	22.90	2:18:23	6:02	3	10:00	44	
Ilseburg/Markt	3.30	15:59	4:50	2	1:20	17	2:30	26.20	2:34:22	5:53	3	9:36	16	25:16