



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Reuß, Sylvia

Club: Ballenstedt  
Number: 219

Course: 26.20 km  
Brockenlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:44:16

Speed: 9.50 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 284 (of 426)

Rank in course/Women: 25 (of 55)

Best time in course: 2:09:06

Rank in category: 4(of 14)

Best time in the category: 2:23:23

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	19:36	5:56	4	2:01	21	4:11	3.30	19:36	5:56	4	2:01	53	
Schlüsie	3.10	20:52	6:43	3	2:23	21	3:39	6.40	40:28	6:19	4	4:24	53	
Hermannsklippe	2.60	18:56	7:16	3	1:44	21	3:19	9.00	59:24	6:35	4	6:08	53	
Brocken	3.10	31:26	10:08	4	3:04	23	6:57	12.10	1:30:50	7:30	4	9:12	52	
Eiserner Handwe	3.60	21:33	5:59	12	4:17	43	6:53	15.70	1:52:23	7:09	4	13:29	52	
Schlüsie	4.10	19:28	4:44	3	3:22	28	5:06	19.80	2:11:51	6:39	4	16:51	53	
Loddenke	3.10	15:26	4:58	6	2:21	29	6:06	22.90	2:27:17	6:25	4	19:12	53	
Ilseburg/Markt	3.30	16:59	5:08	7	1:41	28	3:30	26.20	2:44:16	6:16	4	20:53	25	35:10