



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Post, Cornelia

Club: Rodenberg
Number: 287

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:45:41

Speed: 9.42 km/h
Running performance: 6:19 min/km

Rank in course/Total: 294 (of 426)

Rank in course/Women: 26 (of 55)

Best time in course: 2:09:06

Rank in category: 5(of 10)

Best time in the category: 2:16:44

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	21:49	6:36	7	5:16	41	6:24	3.30	21:49	6:36	5	5:16	54	
Schlüsie	3.10	20:59	6:46	4	3:03	24	3:46	6.40	42:48	6:41	5	8:19	54	
Hermannsklippe	2.60	18:48	7:13	3	2:42	17	3:11	9.00	1:01:36	6:50	5	11:01	54	
Brocken	3.10	31:01	10:00	4	4:51	18	6:32	12.10	1:32:37	7:39	5	15:52	53	
Eiserner Handwe	3.60	20:27	5:40	6	4:07	30	5:47	15.70	1:53:04	7:12	5	19:59	53	
Schlüsie	4.10	20:10	4:55	6	4:01	38	5:48	19.80	2:13:14	6:43	5	24:00	54	
Loddenke	3.10	15:27	4:59	5	2:17	31	6:07	22.90	2:28:41	6:29	5	26:17	54	
Ilseburg/Markt	3.30	17:00	5:09	5	2:40	29	3:31	26.20	2:45:41	6:19	5	28:57	26	36:35