



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Luhn, Gabi

Club: LT TSV Bienenbüttel
Number: 157

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:01:22

Speed: 8.60 km/h
Running performance: 6:55 min/km

Rank in course/Total: 369 (of 426)

Rank in course/Women: 42 (of 55)

Best time in course: 2:09:06

Rank in category: 10(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	22:00	6:40	11	4:25	43	6:35	3.30	22:00	6:40	10	4:25	1	-
Schlüsie	3.10	24:53	8:01	12	6:24	47	7:40	6.40	46:53	7:19	10	10:49	1	-
Hermannsklippe	2.60	22:33	8:40	12	5:21	46	6:56	9.00	1:09:26	7:42	10	16:10	1	-
Brocken	3.10	35:59	11:36	12	7:37	44	11:30	12.10	1:45:25	8:42	10	23:47	1	-
Eiserner Handwe	3.60	21:27	5:57	11	4:11	42	6:47	15.70	2:06:52	8:04	10	27:58	1	-
Schlüsie	4.10	19:36	4:46	4	3:30	31	5:14	19.80	2:26:28	7:23	10	31:28	1	-
Loddenke	3.10	16:01	5:09	9	2:56	40	6:41	22.90	2:42:29	7:05	10	34:24	1	-
Ilseburg/Markt	3.30	18:53	5:43	10	3:35	43	5:24	26.20	3:01:22	6:55	10	37:59	42	52:16