



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Bunk, Heike

Club: Kassel  
Number: 117

Course: 26.20 km  
Brockenlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 3:05:46

Speed: 8.40 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 387 (of 426)

Rank in course/Women: 46 (of 55)

Best time in course: 2:09:06

Rank in category: 9(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	25:36	7:45	10	9:03	53	10:11	3.30	25:36	7:45	9	9:03	19	3:36
Schlüsie	3.10	25:49	8:19	10	7:53	50	8:36	6.40	51:25	8:02	9	16:56	19	4:32
Hermannsklippe	2.60	21:14	8:09	7	5:08	38	5:37	9.00	1:12:39	8:04	9	22:04	19	3:13
Brocken	3.10	32:39	10:31	6	6:29	28	8:10	12.10	1:45:18	8:42	9	28:33	19	
Eiserner Handwe	3.60	22:56	6:22	8	6:36	47	8:16	15.70	2:08:14	8:10	9	35:09	19	1:22
Schlüsie	4.10	20:54	5:05	8	4:45	46	6:32	19.80	2:29:08	7:31	9	39:54	19	2:40
Loddenke	3.10	17:28	5:38	9	4:18	47	8:08	22.90	2:46:36	7:16	9	44:12	19	4:07
Ilseburg/Markt	3.30	19:10	5:48	9	4:50	44	5:41	26.20	3:05:46	7:05	9	49:02	46	56:40