



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Gelbert, Gerwid

Club: Löhnberg
Number: 378

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:08:44

Speed: 8.27 km/h
Running performance: 7:12 min/km

Rank in course/Total: 393 (of 426)

Rank in course/Women: 49 (of 55)

Best time in course: 2:09:06

Rank in category: 14(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	22:26	6:47	12	4:51	46	7:01	3.30	22:26	6:47	14	4:51	22	0:26
Schlüsie	3.10	25:55	8:21	13	7:26	51	8:42	6.40	48:21	7:33	14	12:17	22	1:28
Hermannsklippe	2.60	24:01	9:14	14	6:49	52	8:24	9.00	1:12:22	8:02	14	19:06	22	2:56
Brocken	3.10	37:27	12:04	14	9:05	51	12:58	12.10	1:49:49	9:04	14	28:11	22	4:24
Eiserner Handwe	3.60	20:57	5:49	8	3:41	38	6:17	15.70	2:10:46	8:19	14	31:52	22	3:54
Schlüsie	4.10	20:19	4:57	10	4:13	41	5:57	19.80	2:31:05	7:37	14	36:05	22	4:37
Loddenke	3.10	17:45	5:43	12	4:40	48	8:25	22.90	2:48:50	7:22	14	40:45	22	6:21
Ilseburg/Markt	3.30	19:54	6:01	11	4:36	46	6:25	26.20	3:08:44	7:12	14	45:21	49	59:38