



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Miersch, Anette

Club: Waldläufer Bad Salzdetfurth
Number: 224

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:13:56

Speed: 8.04 km/h
Running performance: 7:24 min/km

Rank in course/Total: 398 (of 426)

Rank in course/Women: 50 (of 55)

Best time in course: 2:09:06

Rank in category: 10(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	23:28	7:06	9	6:55	49	8:03	3.30	23:28	7:06	10	6:55	23	1:28
Schlüsie	3.10	25:10	8:07	8	7:14	48	7:57	6.40	48:38	7:35	10	14:09	23	1:45
Hermannsklippe	2.60	23:26	9:00	10	7:20	51	7:49	9.00	1:12:04	8:00	10	21:29	23	2:38
Brocken	3.10	37:21	12:02	10	11:11	49	12:52	12.10	1:49:25	9:02	10	32:40	23	4:00
Eiserner Handwe	3.60	23:22	6:29	9	7:02	48	8:42	15.70	2:12:47	8:27	10	39:42	23	5:55
Schlüsie	4.10	22:21	5:27	10	6:12	50	7:59	19.80	2:35:08	7:50	10	45:54	23	8:40
Loddenke	3.10	18:03	5:49	10	4:53	50	8:43	22.90	2:53:11	7:33	10	50:47	23	10:42
Ilseburg/Markt	3.30	20:45	6:17	10	6:25	51	7:16	26.20	3:13:56	7:24	10	57:12	50	1:04:50