



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Pauls, Christina

Number: 407

Course: 26.20 km  
Brockenlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 3:16:39

Speed: 7.93 km/h

Running performance: 7:31 min/km

Rank in course/Total: 405 (of 426)

Rank in course/Women: 51 (of 55)

Best time in course: 2:09:06

Rank in category: 11(of 11)

Best time in the category: 2:10:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	21:45	6:35	10	6:03	39	6:20	3.30	21:45	6:35	11	6:03	17	
Schlüsie	3.10	24:49	8:00	11	7:36	46	7:36	6.40	46:34	7:16	11	13:39	24	
Hermannsklippe	2.60	22:31	8:39	11	6:54	45	6:54	9.00	1:09:05	7:40	11	20:33	24	
Brocken	3.10	38:27	12:24	11	12:42	52	13:58	12.10	1:47:32	8:53	11	33:15	24	2:07
Eiserner Handwe	3.60	23:57	6:39	11	9:17	52	9:17	15.70	2:11:29	8:22	11	42:32	24	4:37
Schlüsie	4.10	22:50	5:34	11	8:11	52	8:28	19.80	2:34:19	7:47	11	50:43	24	7:51
Loddenke	3.10	20:52	6:43	11	8:16	55	11:32	22.90	2:55:11	7:38	11	58:59	24	12:42
Ilseburg/Markt	3.30	21:28	6:30	11	7:09	52	7:59	26.20	3:16:39	7:30	11	1:06:06	51	1:07:33