



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Grimm, Sandra

Club: SV Bremkausen/Bosseborn
Number: 464

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:25:06

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 117 (of 456)

Rank in course/Women: 7 (of 57)

Best time in course: 2:11:42

Rank in category: 1(of 11)

Best time in the category: 2:25:06

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	17:03	5:10	1	-	5	1:22	3.30	17:03	5:10	1	-	36	
Schlüsie	3.10	19:15	6:12	1	-	7	1:51	6.40	36:18	5:40	1	-	36	
Hermannsklippe	2.60	17:08	6:35	1	-	7	1:52	9.00	53:26	5:56	1	-	36	
Brocken	3.10	29:03	9:22	1	-	6	4:38	12.10	1:22:29	6:49	1	-	36	
Eiserner Handwe	3.60	17:15	4:47	1	-	7	1:24	15.70	1:39:44	6:21	1	-	36	
Schlüsie	4.10	16:40	4:03	1	-	8	2:17	19.80	1:56:24	5:52	1	-	36	
Loddenke	3.10	13:38	4:23	1	-	7	1:23	22.90	2:10:02	5:40	1	-	36	
Ilseburg/Markt	3.30	15:04	4:33	1	-	7	1:44	26.20	2:25:06	5:32	1	-	7	13:24