



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Pfaff, Daniela

Club: Berlin
Number: 478

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:43:15

Speed: 9.56 km/h
Running performance: 6:14 min/km

Rank in course/Total: 238 (of 456)

Rank in course/Women: 21 (of 57)

Best time in course: 2:11:42

Rank in category: 4(of 4)

Best time in the category: 2:11:42

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	21:29	6:30	4	5:46	39	5:48	3.30	21:29	6:30	4	5:46	50	
Schlüsie	3.10	23:17	7:30	4	5:53	40	5:53	6.40	44:46	6:59	4	11:39	50	
Hermannsklippe	2.60	21:08	8:07	4	5:52	37	5:52	9.00	1:05:54	7:19	4	17:31	50	
Brocken	3.10	29:25	9:29	3	4:38	8	5:00	12.10	1:35:19	7:52	4	22:09	50	
Eiserner Handwe	3.60	19:13	5:20	4	3:22	21	3:22	15.70	1:54:32	7:17	4	25:20	50	
Schlüsie	4.10	17:12	4:11	3	2:49	11	2:49	19.80	2:11:44	6:39	4	27:07	50	
Loddenke	3.10	14:42	4:44	3	2:02	19	2:27	22.90	2:26:26	6:23	4	28:45	50	
Ilseburg/Markt	3.30	16:49	5:05	4	3:06	23	3:29	26.20	2:43:15	6:13	4	31:33	21	31:33