



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Lachmann, Sophie

Club: SV Herrmannsacker
Number: 231

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 2:43:57

Speed: 9.52 km/h
Running performance: 6:16 min/km

Rank in course/Total: 244 (of 456)

Rank in course/Women: 22 (of 57)

Best time in course: 2:11:42

Rank in category: 6(of 7)

Best time in the category: 2:12:28

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	18:39	5:39	4	2:58	13	2:58	3.30	18:39	5:39	5	1:49	46	
Schlüsie	3.10	21:40	6:59	6	4:14	23	4:16	6.40	40:19	6:17	6	6:03	51	
Herrmannsklippe	2.60	19:41	7:34	6	4:11	28	4:25	9.00	1:00:00	6:40	6	10:14	51	
Brocken	3.10	33:47	10:53	4	7:44	30	9:22	12.10	1:33:47	7:45	6	17:58	51	
Eiserner Handweg	3.60	18:48	5:13	4	2:42	14	2:57	15.70	1:52:35	7:10	6	20:40	51	
Schlüsie	4.10	19:07	4:39	5	4:09	27	4:44	19.80	2:11:42	6:39	6	24:49	51	
Loddenke	3.10	15:16	4:55	6	3:01	22	3:01	22.90	2:26:58	6:25	6	27:50	51	
Ilseburg/Markt	3.30	16:59	5:08	6	3:39	24	3:39	26.20	2:43:57	6:15	6	31:29	22	32:15