



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Roessler, Ines

Club: VfB-Fallersleben
Number: 170

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:44:12

Speed: 9.50 km/h
Running performance: 6:16 min/km

Rank in course/Total: 247 (of 456)

Rank in course/Women: 23 (of 57)

Best time in course: 2:11:42

Rank in category: 4(of 13)

Best time in the category: 2:27:27

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	22:07	6:42	11	3:33	47	6:26	3.30	22:07	6:42	4	3:33	52	
Schlüsie	3.10	22:15	7:10	4	2:13	31	4:51	6.40	44:22	6:55	4	5:46	52	
Hermannsklippe	2.60	18:39	7:10	2	0:25	13	3:23	9.00	1:03:01	7:00	4	6:11	52	
Brocken	3.10	31:03	10:00	3	0:43	15	6:38	12.10	1:34:04	7:46	4	6:53	52	
Eiserner Handwe	3.60	19:34	5:26	5	3:12	24	3:43	15.70	1:53:38	7:14	4	10:05	52	
Schlüsie	4.10	19:56	4:51	6	4:10	32	5:33	19.80	2:13:34	6:44	4	14:15	52	
Loddenke	3.10	15:26	4:58	5	2:13	25	3:11	22.90	2:29:00	6:30	4	16:28	52	
Ilseburg/Markt	3.30	15:12	4:36	2	0:17	10	1:52	26.20	2:44:12	6:16	4	16:45	23	32:30