



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Staginnus, Alexandra

Club: Nix tun kann JEDER
Number: 398

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:44:55

Speed: 9.46 km/h
Running performance: 6:17 min/km

Rank in course/Total: 252 (of 456)

Rank in course/Women: 24 (of 57)

Best time in course: 2:11:42

Rank in category: 4(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	20:43	6:16	8	3:40	32	5:02	3.30	20:43	6:16	4	3:40	53	
Schlüsie	3.10	21:56	7:04	8	2:41	26	4:32	6.40	42:39	6:39	4	6:21	53	
Hermannsklippe	2.60	20:39	7:56	7	3:31	33	5:23	9.00	1:03:18	7:01	4	9:52	10	
Brocken	3.10	33:16	10:43	5	4:13	26	8:51	12.10	1:36:34	7:58	4	14:05	53	
Eiserner Handwe	3.60	19:12	5:19	3	1:57	20	3:21	15.70	1:55:46	7:22	4	16:02	53	
Schlüsie	4.10	17:56	4:22	3	1:16	15	3:33	19.80	2:13:42	6:45	4	17:18	53	
Loddenke	3.10	14:39	4:43	4	1:01	17	2:24	22.90	2:28:21	6:28	4	18:19	53	
Ilseburg/Markt	3.30	16:34	5:01	4	1:30	20	3:14	26.20	2:44:55	6:17	4	19:49	24	33:13