



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Arnhold, Petra

Club: Rennsteiglaufverein
Number: 225

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:46:27

Speed: 9.37 km/h
Running performance: 6:21 min/km

Rank in course/Total: 261 (of 456)

Rank in course/Women: 25 (of 57)

Best time in course: 2:11:42

Rank in category: 3(of 8)

Best time in the category: 2:23:33

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	20:37	6:14	2	3:27	29	4:56	3.30	20:37	6:14	3	3:27	54	
Schlüsie	3.10	22:04	7:07	3	3:03	28	4:40	6.40	42:41	6:40	3	6:30	54	
Hermannsklippe	2.60	19:36	7:32	4	2:42	26	4:20	9.00	1:02:17	6:55	3	9:12	54	
Brocken	3.10	31:03	10:00	2	6:38	15	6:38	12.10	1:33:20	7:42	3	15:50	54	
Eiserner Handwe	3.60	19:45	5:29	3	2:05	28	3:54	15.70	1:53:05	7:12	3	17:55	54	
Schlüsie	4.10	18:54	4:36	3	1:48	25	4:31	19.80	2:11:59	6:39	3	19:43	54	
Loddenke	3.10	16:18	5:15	3	1:43	33	4:03	22.90	2:28:17	6:28	3	21:26	54	
Ilseburg/Markt	3.30	18:10	5:30	5	2:34	35	4:50	26.20	2:46:27	6:21	3	22:54	25	34:45