



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Post, Cornelia

Club: Rodenberg
Number: 295

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:51:59

Speed: 9.07 km/h
Running performance: 6:34 min/km

Rank in course/Total: 297 (of 456)

Rank in course/Women: 30 (of 57)

Best time in course: 2:11:42

Rank in category: 4(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	22:22	6:46	8	5:12	49	6:41	3.30	22:22	6:46	4	5:12	2	
Schlüsie	3.10	22:04	7:07	3	3:03	28	4:40	6.40	44:26	6:56	4	8:15	2	
Hermannsklippe	2.60	19:34	7:31	3	2:40	24	4:18	9.00	1:04:00	7:06	4	10:55	2	
Brocken	3.10	31:51	10:16	6	7:26	23	7:26	12.10	1:35:51	7:55	4	18:21	2	
Eiserner Handwe	3.60	21:31	5:58	4	3:51	37	5:40	15.70	1:57:22	7:28	4	22:12	2	
Schlüsie	4.10	21:06	5:08	4	4:00	37	6:43	19.80	2:18:28	6:59	4	26:12	2	
Loddenke	3.10	16:20	5:16	4	1:45	34	4:05	22.90	2:34:48	6:45	4	27:57	2	
Ilseburg/Markt	3.30	17:11	5:12	3	1:35	25	3:51	26.20	2:51:59	6:33	4	28:26	30	40:17