



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Weißenberger, Sandra

Club: Hannover
Number: 92

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:58:13

Speed: 8.75 km/h
Running performance: 6:48 min/km

Rank in course/Total: 324 (of 456)

Rank in course/Women: 37 (of 57)

Best time in course: 2:11:42

Rank in category: 5(of 5)

Best time in the category: 2:18:44

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	22:20	6:46	5	5:58	48	6:39	3.30	22:20	6:46	5	5:58	9	
Schlüsie	3.10	23:30	7:34	5	5:18	43	6:06	6.40	45:50	7:09	5	11:16	9	
Hermannsklippe	2.60	20:40	7:56	5	3:40	34	5:24	9.00	1:06:30	7:23	5	14:56	9	
Brocken	3.10	34:09	11:00	5	5:21	31	9:44	12.10	1:40:39	8:19	5	20:17	9	
Eiserner Handwe	3.60	21:56	6:05	5	5:56	40	6:05	15.70	2:02:35	7:48	5	26:13	9	
Schlüsie	4.10	19:41	4:48	4	4:46	30	5:18	19.80	2:22:16	7:11	5	30:59	9	
Loddenke	3.10	16:38	5:21	5	4:04	36	4:23	22.90	2:38:54	6:56	5	35:03	9	
Ilseburg/Markt	3.30	19:19	5:51	5	4:26	43	5:59	26.20	2:58:13	6:48	5	39:29	37	46:31