



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ramdor, Vinora

Club: VSG Saaletal-Wettin
Number: 109

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:59:25

Speed: 8.69 km/h
Running performance: 6:51 min/km

Rank in course/Total: 335 (of 456)

Rank in course/Women: 39 (of 57)

Best time in course: 2:11:42

Rank in category: 3(of 7)

Best time in the category: 2:52:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	20:11	6:06	1	-	24	4:30	3.30	20:11	6:06	3		11	
Schlüsie	3.10	23:15	7:30	2	1:34	39	5:51	6.40	43:26	6:47	3	0:40	11	
Hermannsklippe	2.60	22:19	8:34	3	2:42	43	7:03	9.00	1:05:45	7:18	3	3:22	11	
Brocken	3.10	35:41	11:30	3	3:50	42	11:16	12.10	1:41:26	8:22	3	7:12	11	
Eiserner Handwe	3.60	20:18	5:38	2	0:35	34	4:27	15.70	2:01:44	7:45	3	6:06	11	
Schlüsie	4.10	20:11	4:55	2	1:31	33	5:48	19.80	2:21:55	7:10	3	4:55	11	
Loddenke	3.10	17:38	5:41	4	1:34	44	5:23	22.90	2:39:33	6:58	3	5:22	11	
Ilseburg/Markt	3.30	19:52	6:01	4	1:56	46	6:32	26.20	2:59:25	6:50	3	6:48	39	47:43