



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Sachse, Evelyn

Club: Eintracht Hildesheim  
Number: 265

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 3:01:33

Speed: 8.59 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 344 (of 456)

Rank in course/Women: 42 (of 57)

Best time in course: 2:11:42

Rank in category: 9(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	20:12	6:07	7	3:09	25	4:31	3.30	20:12	6:07	9	3:09	14	
Schlüsie	3.10	21:51	7:02	7	2:36	25	4:27	6.40	42:03	6:34	9	5:45	14	
Hermannsklippe	2.60	22:16	8:33	10	5:08	42	7:00	9.00	1:04:19	7:08	9	10:53	14	
Brocken	3.10	34:54	11:15	8	5:51	36	10:29	12.10	1:39:13	8:11	9	16:44	14	
Eiserner Handwe	3.60	24:16	6:44	11	7:01	50	8:25	15.70	2:03:29	7:51	9	23:45	14	
Schlüsie	4.10	24:57	6:05	11	8:17	54	10:34	19.80	2:28:26	7:29	9	32:02	14	0:41
Loddenke	3.10	15:49	5:06	7	2:11	29	3:34	22.90	2:44:15	7:10	9	34:13	14	
Ilseburg/Markt	3.30	17:18	5:14	5	2:14	26	3:58	26.20	3:01:33	6:55	9	36:27	42	49:51