



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hotze, Silke

Club: Bovenden
Number: 301

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:02:19

Speed: 8.62 km/h
Running performance: 6:58 min/km

Rank in course/Total: 345 (of 456)

Rank in course/Women: 43 (of 57)

Best time in course: 2:11:42

Rank in category: 10(of 11)

Best time in the category: 2:25:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	21:03	6:22	10	4:00	35	5:22	3.30	21:03	6:22	10	4:00	15	
Schlüsie	3.10	23:23	7:32	10	4:08	41	5:59	6.40	44:26	6:56	10	8:08	2	
Hermannsklippe	2.60	22:30	8:39	11	5:22	44	7:14	9.00	1:06:56	7:26	10	13:30	15	
Brocken	3.10	35:37	11:29	10	6:34	40	11:12	12.10	1:42:33	8:28	10	20:04	15	
Eiserner Handwe	3.60	22:00	6:06	9	4:45	41	6:09	15.70	2:04:33	7:55	10	24:49	15	
Schlüsie	4.10	23:53	5:49	10	7:13	50	9:30	19.80	2:28:26	7:29	9	32:02	14	0:41
Loddenke	3.10	16:06	5:11	8	2:28	32	3:51	22.90	2:44:32	7:11	10	34:30	15	0:13
Ilseburg/Markt	3.30	17:47	5:23	7	2:43	28	4:27	26.20	3:02:19	6:57	10	37:13	43	50:37