



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Lassan, Sandrin

Total time: 3:03:32

Club: ESV 49 Angermünde Laufgruppe -Die Lokvögel
Number: 205

Speed: 8.50 km/h

Running performance: 7:01 min/km

Course: 26.20 km
26,2 km - Lauf

Rank in course/Total: 353 (of 456)

Rank in course/Women: 45 (of 57)

Best time in course: 2:11:42

Category:

Rank in category: 11(of 11)

Seniorinnen W40 (40-44 Jahre)

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.	Stage score		Total ranking					
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Loddenke	3.30	22:05	6:41	11	5:02	46	6:24	3.30	22:05	6:41	11	5:02	17
Schlüsie	3.10	23:30	7:34	11	4:15	43	6:06	6.40	45:35	7:07	11	9:17	17
Hermannsklippe	2.60	20:51	8:01	9	3:43	36	5:35	9.00	1:06:26	7:22	11	13:00	17
Brocken	3.10	35:12	11:21	9	6:09	37	10:47	12.10	1:41:38	8:23	11	19:09	17
Eiserner Handweg	3.60	22:38	6:17	10	5:23	44	6:47	15.70	2:04:16	7:54	11	24:32	17
Schlüsie	4.10	21:29	5:14	9	4:49	40	7:06	19.80	2:25:45	7:21	11	29:21	17
Loddenke	3.10	17:58	5:47	11	4:20	45	5:43	22.90	2:43:43	7:08	11	33:41	17
Ilseburg/Markt	3.30	19:49	6:00	9	4:45	45	6:29	26.20	3:03:32	7:00	11	38:26	45 51:50