



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schäfers, Anette

Club: LT Elsen-Wewer
Number: 121

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 3:06:32

Speed: 8.36 km/h
Running performance: 7:07 min/km

Rank in course/Total: 365 (of 456)

Rank in course/Women: 47 (of 57)

Best time in course: 2:11:42

Rank in category: 4(of 7)

Best time in the category: 2:52:37

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	22:49	6:54	4	2:38	51	7:08	3.30	22:49	6:54	4	1:44	19	0:11
Schlüsie	3.10	25:20	8:10	4	3:39	49	7:56	6.40	48:09	7:31	4	5:23	19	2:17
Hermannsklippe	2.60	22:47	8:45	4	3:10	47	7:31	9.00	1:10:56	7:52	4	8:33	19	2:25
Brocken	3.10	39:13	12:39	4	7:22	48	14:48	12.10	1:50:09	9:06	4	15:55	19	5:18
Eiserner Handwe	3.60	21:29	5:58	4	1:46	36	5:38	15.70	2:11:38	8:23	4	16:00	19	5:15
Schlüsie	4.10	20:54	5:05	3	2:14	36	6:31	19.80	2:32:32	7:42	4	15:32	19	4:47
Loddenke	3.10	16:04	5:10	1	-	31	3:49	22.90	2:48:36	7:21	4	14:25	19	4:17
Ilseburg/Markt	3.30	17:56	5:26	1	-	32	4:36	26.20	3:06:32	7:07	4	13:55	47	54:50