



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Becker, Petra

Club: Gaensefurther Sportbewegung
Number: 216

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:24:39

Speed: 7.62 km/h
Running performance: 7:49 min/km

Rank in course/Total: 418 (of 456)

Rank in course/Women: 50 (of 57)

Best time in course: 2:11:42

Rank in category: 10(of 13)

Best time in the category: 2:27:27

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	21:53	6:37	9	3:19	43	6:12	3.30	21:53	6:37	10	3:19	22	
Schlüsie	3.10	24:44	7:58	10	4:42	47	7:20	6.40	46:37	7:17	11	8:01	23	0:45
Hermannsklippe	2.60	23:53	9:11	11	5:39	49	8:37	9.00	1:10:30	7:49	10	13:40	22	1:59
Brocken	3.10	40:51	13:10	11	10:31	50	16:26	12.10	1:51:21	9:12	10	24:10	22	6:30
Eiserner Handwe	3.60	25:22	7:02	11	9:00	54	9:31	15.70	2:16:43	8:42	11	33:10	23	10:20
Schlüsie	4.10	23:06	5:38	11	7:20	48	8:43	19.80	2:39:49	8:04	11	40:30	23	12:04
Loddenke	3.10	20:11	6:30	10	6:58	52	7:56	22.90	3:00:00	7:51	11	47:28	23	15:41
Ilseburg/Markt	3.30	24:39	7:28	11	9:44	54	11:19	26.20	3:24:39	7:48	10	57:12	50	1:12:57