



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Evers, Iris

Club: TSV Heiligenrode
Number: 73

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 3:27:48

Speed: 7.51 km/h
Running performance: 7:56 min/km

Rank in course/Total: 429 (of 456)

Rank in course/Women: 53 (of 57)

Best time in course: 2:11:42

Rank in category: 5(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	24:16	7:21	6	4:05	55	8:35	3.30	24:16	7:21	5	3:11	25	1:38
Schlüsie	3.10	27:18	8:48	5	5:37	54	9:54	6.40	51:34	8:03	5	8:48	25	5:42
Hermannsklippe	2.60	25:00	9:36	5	5:23	53	9:44	9.00	1:16:34	8:30	5	14:11	25	8:03
Brocken	3.10	43:36	14:03	5	11:45	54	19:11	12.10	2:00:10	9:55	5	25:56	25	15:19
Eiserner Handwe	3.60	22:58	6:22	5	3:15	45	7:07	15.70	2:23:08	9:07	5	27:30	25	16:45
Schlüsie	4.10	22:40	5:31	5	4:00	46	8:17	19.80	2:45:48	8:22	5	28:48	25	18:03
Loddenke	3.10	18:58	6:07	6	2:54	50	6:43	22.90	3:04:46	8:04	5	30:35	25	20:27
Ilseburg/Markt	3.30	23:02	6:58	6	5:06	53	9:42	26.20	3:27:48	7:55	5	35:11	53	1:16:06