



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Großhennig, Esther

Club: Veckenstedt
Number: 400

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 3:48:04

Speed: 6.84 km/h
Running performance: 8:42 min/km

Rank in course/Total: 444 (of 456)

Rank in course/Women: 56 (of 57)

Best time in course: 2:11:42

Rank in category: 7(of 7)

Best time in the category: 2:12:28

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	23:58	7:15	7	8:17	53	8:17	3.30	23:58	7:15	7	7:08	28	1:20
Schlüsie	3.10	30:38	9:52	7	13:12	56	13:14	6.40	54:36	8:31	7	20:20	28	8:44
Hermannsklippe	2.60	28:22	10:54	7	12:52	56	13:06	9.00	1:22:58	9:13	7	33:12	28	14:27
Brocken	3.10	44:41	14:24	7	18:38	57	20:16	12.10	2:07:39	10:32	7	51:50	28	22:48
Eiserner Handwe	3.60	29:13	8:06	7	13:07	57	13:22	15.70	2:36:52	9:59	7	1:04:57	28	30:29
Schlüsie	4.10	28:38	6:59	7	13:40	57	14:15	19.80	3:05:30	9:22	7	1:18:37	28	37:45
Loddenke	3.10	21:57	7:04	7	9:42	55	9:42	22.90	3:27:27	9:03	7	1:28:19	28	43:08
Ilseburg/Markt	3.30	20:37	6:14	7	7:17	49	7:17	26.20	3:48:04	8:42	7	1:35:36	56	1:36:22