



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Frey, Marina

Club: MTV Braunschweig  
Number: 284

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 2:37:42

Speed: 9.89 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 213 (of 492)

Rank in course/Women: 11 (of 77)

Best time in course: 2:05:45

Rank in category: 2(of 7)

Best time in the category: 2:15:56

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	19:38	5:56	3	3:04	17	4:45	3.30	19:38	5:56	2	3:04	47	
Schlüsie	3.10	20:32	6:37	2	2:24	8	3:35	6.40	40:10	6:16	2	5:28	47	
Hermannsklippe	2.60	18:32	7:07	2	2:02	10	3:23	9.00	58:42	6:31	2	7:30	47	
Brocken	3.10	31:17	10:05	2	6:02	14	7:03	12.10	1:29:59	7:26	2	13:32	47	
Eiserner Handwe	3.60	19:35	5:26	2	3:25	21	4:50	15.70	1:49:34	6:58	2	16:57	47	
Schlüsie	4.10	18:51	4:35	2	2:25	22	4:32	19.80	2:08:25	6:29	2	19:22	45	
Loddenke	3.10	14:01	4:31	2	0:58	7	1:48	22.90	2:22:26	6:13	2	20:20	47	
Ilseburg/Markt	3.30	15:16	4:37	2	1:26	7	2:01	26.20	2:37:42	6:01	2	21:46	13	31:57