



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Krah, Tamara

Club: TUS Griesheim
Number: 13

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 2:43:13

Speed: 9.56 km/h
Running performance: 6:14 min/km

Rank in course/Total: 260 (of 492)

Rank in course/Women: 16 (of 77)

Best time in course: 2:05:45

Rank in category: 3(of 6)

Best time in the category: 2:05:45

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	18:24	5:34	3	3:31	9	3:31	3.30	18:24	5:34	3	3:31	42	
Schlüsie	3.10	21:04	6:47	3	4:07	17	4:07	6.40	39:28	6:10	3	7:38	42	
Hermannsklippe	2.60	20:00	7:41	3	4:51	22	4:51	9.00	59:28	6:36	3	12:29	42	
Brocken	3.10	33:59	10:57	4	9:45	35	9:45	12.10	1:33:27	7:43	3	22:14	42	
Eiserner Handwe	3.60	18:40	5:11	3	3:55	13	3:55	15.70	1:52:07	7:08	3	26:09	42	
Schlüsie	4.10	18:43	4:33	3	4:24	21	4:24	19.80	2:10:50	6:36	3	30:33	42	
Loddenke	3.10	15:12	4:54	3	2:59	23	2:59	22.90	2:26:02	6:22	3	33:32	42	
Ilseburg/Markt	3.30	17:11	5:12	3	3:56	26	3:56	26.20	2:43:13	6:13	3	37:28	18	37:28